



Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this "optimism bias," and it's a major reason why many people fail to plan for risks they'll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

TALK TO YOUR FINANCIAL ADVISOR OR VISIT BRINGYOURCHALLENGES.COM

RETIREMENT | INVESTMENTS | INSURANCE



contents



contents

Found in every issue

9 RACH'S NOTEBOOK

Rach shares her mom's most valuable life lessons. page

13 COOK THE COVER

Dip into this ooey, gooey queso fundido for Cinco de Mayo!

16 THIS MONTH'S MENU

Our index of recipes in the issue



MEXICAN FOOD MADE HEALTHY

These recipes are packed with flavor, but low in calories. Taco Tuesday just became guilt-free!

109 INSIDE OUR TEST KITCHEN

Genius tips and tricks

112 KITCHENCAMEO

Archer star Judy Greer noodles around with one of our recipes!





19 IN SEASON

Get fresh with spinach.

23 FASTIDEAS

Sixteen spring recipes that cook up in no time.

31 MOM IS ALWAYS RIGHT

For Mother's Day, check out the special dishes and best cooking advice four celeb chefs learned from their mothers.

home & away

37 LIFE OF THE PARTY

Add a rustic-chic accent to your home with DIY leather and wood tableware projects.

41 WORD OF MOUTH

Dig in to your next meal (literally); a foodie spelling bee; beauty products inspired by molecular madness and more.

46 LISTSILIVE BY

Editor-in-chief Lauren Purcell helps you make the most out of every bunch of flowers.

48 TRAVELLIST

Pack your bag and hit the road—for less! These 33 expert tips and industry secrets will save you big bucks on airfare, cruises, hotels and more.

faves & saves

55 COUNTER INTELLIGENCE

Which whisks are worth the money? Our test kitchen tried dozens to find out.

59 SUPERMARKET SMARTS

Flours made from fruit and gluten-free grains; battle of the Bloody Mary mixes; apps that pay you to grocery shop and more

63 DINNERS FOR A DEAL

Spring soups packed with flavor—each for less than \$2.50 a bowl!

68 LOOKING GOOD

Products and pro tips to help you slash the amount of time and money you spend on your hair.

72 STYLE PICKS

Fiesta wear! You'll crave a margarita when you try these colorful spring looks.

CORRECTION: In our March issue, we misidentified the brand of hot dogs served at Rachael's SXSW Feedback parties. They were Ball Park Park's Finest. We apologize for the error—and highly recommend the dogs!







Nobody knows eggs better than Bacon, Kevin Bacon. And that's why I know an egg for breakfast provides 6 grams of high-quality protein for 70 calories and no sugar or carbs. So enough with the Bacon puns. Pick up an egg—they're eggcellent.

IncredibleEgg.org



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Reader @rozemarie925 showed her King's College pride with her son during our March team spirit Instagram campaign!

SPRING HAS SPRUNG!

Fresh local produce, warm weather-we're snap-happy over the arrival of the season! Tag your own signs-of-spring pics with #RRMagFan for a chance to be featured above!



The first thing I make when the temps rise? Big, colorful salads.

-Nina Elder, @ninaelder



Warm weekends = the top down to fit my kayak! –Dana Bowen,



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30-Minute Meals

Rachael's newest dishes along with 2,500+ more

Weeknight Dinner Finder

Super supper recipes plus a print-and-go grocery list

Party Ideas

Fun recipes, menus and decorating tips for any occasion

Faves for All

Great getaways, DIY help and fun for our four-legged friends

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Mell Meredith Frazier In Memoriam — E.T. Meredith III (1933–2003)



Farm-fresh eggs mean lots of veggie omelets.

-Jennifer Beck, @beckifer13



I know it's officially spring when I see Peeps at the grocery store! —Lisa Freedman, @itsmelisabeth



It doesn't get better (or prettier!) than when the cherry blossoms bloom. —Kim Gougenheim, @RachaelRayMag



See what we're up to at Every Day with Rachael Ray! Follow us on Instagram @rachaelraymag or go to RachaelRayMag.com/Instagram.

CANYOU KEEPA SECRET?

Mystery Mondays! • Surprisingly Easy Suppers • Rach's Secret Admirer

GET READY FOR THE BIG REVEALS







Ilove you, Mom!

THERE'S A LOT TO LOVE IN THIS ISSUE, but my very favorite feature is "Mom Is Always Right" on page 31, where chefs Anne Burrell, Geoffrey Zakarian and others share the kitchen wisdom they learned from their mothers. If you're a regular reader of this magazine, you've probably heard me go on and on about my mom, Elsa Scuderi. And here I go again!

Elsa was the first of 10 children, and everything I learned in my life that matters came to me from her or her father—my grandfather—Emmanuel. They taught me the importance of a hard day's work and how gratifying it feels to go to bed physically and mentally tired. Being tired is good.

Grandpa taught my mom and later me not to take ourselves too seriously. My favorite lesson of all? Life will be happy and sometimes sad but you can always choose whether to laugh through it all or cry, and laughing feels better! My mom taught me how to eat the right foods and, moreover, to eat life itself. She

taught me to be grateful for every day and to have an adventurous spirit—to take a left instead of the usual right on your way home from work, to talk to strangers, to make exotic dinners for yourself.

My mom taught me that a rich life isn't about being rich at all. A rich life includes a clean and pretty home, even if it's a humble one. It's about laughter, good food and most of all, family. Thank you, Mom, for always treating your children with the same respect you gave adults, and for teaching us all the important stuff. I've always wanted to grow up to be just like you. I couldn't love you more and I can think of no one in this life who has impressed me more. Every day should be Mother's Day in celebration of you.

Happy Mother's Day to all you special moms!

Love.



P.S. I'm a very proud mother myself: My 65-pound pit bull, Isaboo, is the guest editor of a special all-about-pets section this month! Flip the issue over to check out Isaboo's editing debut. She did such a great job. I can't believe what she can do with just four paws!

RACH'S NOTEBOOK Burger of the Month

Spicy Beef & Pork Burgers with Bacon-Barbecued Onions

It may be early for grilling, but these smoky burgers give you outdoor flavor indoors. Also try the onions on hot dogs and sausages—they're really delicious! By rachael ray

BARBECUED ONIONS

- tbsp. olive or canola oil
- slices lean smoky bacon, chopped
- large sweet onions, halved lengthwise and sliced
- large bay leaf Salt and coarse pepper
- cloves garlic, chopped
- cup chicken or turkey stock
- 1/4 cup ketchup
- tbsp. (packed) brown sugar
- tbsp. cider vinegar
- tbsp. Worcestershire sauce
- tbsp. spicy brown or Dijon mustard
- tsp. Tabasco or other hot sauce

BEEF & PORK BURGERS

- lb. ground beef (80% lean)
- lb. ground pork Kosher salt and coarse
- tbsp. grated onion and its juice About 3 tbsp. Worcestershire sauce
- cloves garlic, grated
- 11/2 tsp. ground cumin
- 11/2 tsp. ground coriander
- tsp. smoked paprika Olive oil or canola oil
- slices sharp white cheddar (optional) Lettuce leaves and sliced pickles, for garnish
- kaiser or other burger rolls, halved and lightly toasted

In a medium skillet, heat the oil over medium. Add the bacon and cook, stirring occasionally, until crispy at the edges, about 5 minutes. Transfer the bacon to a plate. Pour off all but 2 tbsp. drippings. Add the onions and bay leaf; season with pepper. Cook until the onions are tender, about 5 minutes. Add the garlic and cook, stirring occasionally, until the onions are light golden and just beginning to caramelize, about 15 minutes. Stir in the stock, ketchup, brown sugar, vinegar, Worcestershire, mustard and hot sauce. Simmer over low heat, stirring often, until the mixture thickens a bit, about 3 minutes. Keep warm over low heat, adding a splash of water if it gets too thick. Season with salt and more hot sauce, if desired. Just before serving, stir in the bacon and discard the bay leaf.

the ground meats; season with kosher salt and coarse black pepper. Add the onion and juice, Worcestershire, garlic, cumin, coriander and paprika; drizzle with a little oil, then mix to combine. Form 4 large patties (thinner in the centers for even cooking).

Preheat a griddle or large cast-iron skillet over medium-high. When the pan is very hot, add the burgers. Cook, turning once, about 12 minutes for medium well. Add the cheese, if using, during the last minute or two of cooking. Cover the pan to melt the cheese.

▶ Place the lettuce and pickles on the bun bottoms. Add the patties, a mound of bacon-barbecued onions and the bun tops.



RACH'S NOTEBOOK



Since we're celebrating moms this month, I have to thank mine for teaching me to cook from the time I could stand up. I learned that the kitchen is the warmest of rooms. What's the best piece of cooking advice your mom has given you? Here's what you told me on Facebook:

Love what you eat and eat what you love.

-Mary Grace Perez

If it burns, call it blackened!

-Dawn Michelle Sams

Repurpose your leftovers!

-Vicki Dismuke

If I don't have dinner started when my husband comes home, sauté some onions so that the house smells like I did.

-Karen Cousens Gates

Taste and taste again.

-Racquel Waite

Garlic, onions and oil are your best friends!

-Carla Ampuero-Bayne

Last month, we took a trip down memory lane with vintage photos and recipes from our favorite chefs! (Check out #TBTchefs and #RRTBT on social media.) Missed it? Test your knowledge here, then continue the fun with 30 more chefs at RachaelRayMag.com/TBTchefs.

















3-D Marc Murphy; 4-B Michael Chiarello ANSWERS: 1-C Aarón Sánchez; 2-A Alex Guarnaschelli;

WEEKNIGHT MEAL PLANNER!

Spring into dinnertime with five fast, fresh, delicious meals. To get these recipes and more weeknight meals, visit RachaelRayMag.com/ mealplanner.

MON

Penne with Peas & Mint

TUES

Curried Lamb

WED

Salmon with Golden Beets

THUR

Antipasto Pasta

FRI

Mushroom Chicken





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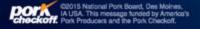


New York Pork Chops

Bone-in Pork Chops

Porterhouse Pork Chops

pork Be inspired



I'm meeelting!

Celebrate Cinco de Mayo (or any ol' day!) with a sizzling skillet full of delicious molten cheese. This addictive chipotle-spiked queso fundido is so good you may be tempted to dip with a spoon, not a chip! By Janet taylor McCracken

Loaded Queso Fundido

SERVES 8 PREP 15 MIN COOK 15 MIN

- Ib. pepper jack, shredded
- 1 lb. American cheese, shredded
- chipotle in adobo sauce, minced, plustbsp. sauce

Toppings: crumbled cooked fresh chorizo, sliced scallions, diced tomatoes, sliced jalapeños, sliced radishes, fresh cilantro leaves

Tortilla chips, for dipping

Preheat the oven to 400°. In a large bowl, mix the cheeses, minced chipotle and adobo sauce. Transfer to a medium cast-iron or other ovenproof skillet, spreading in an even layer. Bake until the cheese melts, bubbles and browns in spots, 15 to 20 minutes. Garnish with toppings. Serve with the chips.



Get the recipes and recipes and get crashing Find the recipe collection at PorkBelnspired.com/GrillCrashers





Greats
Meads
Whats
ON HAND

It can be a tall order to create a balanced meal with only what's in your kitchen. It's a similar challenge we all face working to sustainably grow enough food for a growing population. That's why we work with others to develop a wide range of solutions, some of which help farmers use fresh water more efficiently, allowing them to get the most out of a raindrop. It's time for a bigger discussion about food.

Be part of the conversation at **Discover.Monsanto.com**



DIG A Little DEEPER

Feeding Future Generations

VOL.2 SUSTAINABILITY

Our planet is our most precious natural resource. And the number of people who inhabit it is expected to rise significantly over the next fifty years. Since a growing population means growing demand for natural resources, it's time to look ahead and discuss ways to make a balanced meal more accessible for all. Here are some of the innovative things being done to ensure the world will have enough nutritious food to eat not just *today*, but *tomorrow*.

Today's steps toward a better tomorrow:

A good harvest depends on many things, including the right conditions to grow. Our planet faces many challenges, from climate change to soil quality, and experts are working together to develop solutions to help farmers ensure better harvests, while using natural resources more efficiently.

Plants need water, so conserving this precious natural resource is a priority. Experts are tapping into ways to use water more efficiently in agriculture, such as utilizing sensors to measure moisture levels in soil and reduce runoff. This will enable the water supply to go further.

Would you believe satellite technology is also helping farmers grow crops more efficiently? Images taken from space provide farmers the data to be more precise about the amount of seeds, water and fertilizer they will need on every acre of farmland, to grow food more sustainably.



4 Ensuring soil health is also key: when soil is well-nourished, it provides nutrients that help plants thrive, absorbs rainwater for use during drier periods, and filters potential pollutants. Efforts are underway to improve soil health, with the goal of helping farmers have better harvests.

Food for thought:

842 MILLION

people in the world don't have enough food.



In order to feed our growing population, global food production will need to increase by

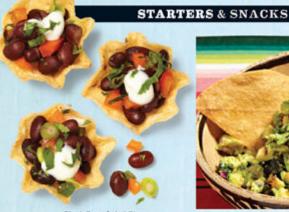
70% BEFORE 2050.



farmers will need to produce more food than has been produced during all human history.



This Month's



Black Bean Salad Bites p. 61



Grilled Zucchini Guacamole MM



Loaded Oueso Fundido p. 13 🔳 🔳



Veggie Nachos Supreme MM



Fennel Chicken Kebabs p. 24 🔳 🔳



Extra Corny Popcorn
p. 29



Black Bean Hummus p. 61



Wasabi-Chickpea Bites p. 89 🔳



Cheese & Cracker Bites p. 89



PB Trail Mix Bites p. 89 = =



Caramel Popcorn Bites p. 89 **Crispy Rice Party Bites** p. 89 🔳 🔳



Pimento Cheese Dip p. 102



Drumsticks with Hot Honey **p. 104** ■

SIDES & SALADS



Scallion-Lime Rice & Beans MM



Fruity Spinach Salad



Spicy Sugar Snap Peas & Peanuts p. 27



Miso-Butter Green Beans p. 95



Greek Salad with Za'atar p. 95



Confetti Coleslaw p. 104

BURGERS & SAMMIES



Spicy Beef & Pork Burgers with Bacon-Barbecued Onions p. 10



Shrimp Po'boys p. 24 🔳



Waffled Ham & Cheese p. 27



Black Bean Burgers p. 61



Ham & Swiss Reubens p. 85 📕



Mini Hot Browns p. 106

SOUPS



Carrot & Coconut Soup with Spiced Shrimp p. 63



n. 26



Beef Noodle Soup



Scallion Soup with Grilled Cheese p. 66



Beef Pozole



Spring Minestrone p. 65



Chicken & Lime Tortilla Soup p. 67

VEGETARIAN



p. 26 📕 🔳



Korean Fried Rice p. 95

POUR MAY 2015 RECIPE INDEX

SEAFOOD



Dijon Salmon Salad



Sautéed Fish Tacos MM =



Steamed Egg Custards with Crab p. 32



White Fish with Creamy Leeks p. 85



Crispy Cod with Pistachio Oil p. 95

POULTRY & MEAT



Red Chicken Enchiladas MM =



Grilled Steak Tacos MM



Baked Carnitas Tacos MM



Potato & Chorizo Hash p. 24



Asian BBQ Pork p. 26



Brick Chicken p. 29



Pork with Cider & Potatoes p. 33



Braised Chicken Thighs & Broccolini p. 77



- Fast (30 min. or less)
- Vegetarian
- Freezer-
- Gluten-Free
- MM Makeover Meal tear-out hooklet





Lamb Patties with

Spring Onion Chicken & Rice Pilaf p. 83



Baby Porchetta with Berries p. 80



Lamb with Curry Coconut Sauce p. 95 ■



Pork Chops with Quick Brown Sauce p. 82



Roast Chicken with Preserved Lemon p. 95

PASTA



Carbonara-Style Pasta, Hold the Yolks p. 78



Pasta with Mushrooms & Peas p. 81



Linguine alle Vongole p. 84



Sausage Orecchiette p. 24



Hummus Sesame Noodles p. 112

DESSERTS



Mexican Chocolate Flan MM =



Rhubarb Fool p. 27 📕 🔳 🔳



Lemon-Ginger Cookies p. 29 🔳 🔳



Aniseed Cookies p. 31



Cocoa & Bean Truffles p. 61



Derby Pielettes p. 106

DRINKS



Margarita Makeover MM



Green Garden Mojito p. 20 🔳 🔳



Sparkling Berry Sangria p. 23



Long Island Sweet Tea, Black-Eyed Susan Colada, Old-Fashioned Julep p. 103 ==

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IN SEASON

GET FRESH WITH...

Somach

The sweeter side

Spinach is so versatile, you can eat it for breakfast, lunch, dinner... and dessert! In Tuscany, the leaves are baked into a pie with almonds, sugar and candied lemon peel called torta co' bischeri agli spinaci. Leave it to the Italians to improve on anything!

For more surprising spinach facts, turn the page!

BY SHAY SPENCE AND CECILY MCANDREWS PHOTOGRAPHY BY CLAIRE BENOIST

OOD STYLING BY MICHELLE GATTON

MAY 2015 RACHAELRAYMAG.COM Spinach is available year-round, but it's especially sweet and tender in the late spring, when growing conditions

are ideal. Nab the best with these tips.

BAG IT UP Bagged greens last twice as long as the leafy bundles, because bagged spinach is handled less and exposed to less moisture. Check the "best by" date, though, and peek at the leaves: If they're dark or clump together, keep walking.

BUNDLE UP Spinach grows in sandy soil, so if you buy the kind that isn't prewashed, give the leaves a generous soak in chilly water, changing it out once or twice, until there's no grit in the bottom of the bowl.

BABY These tender little leaves aren't actually immature flat-leaf spinach, but a different variety entirely.

FLAT-LEAF

With large leaves that turn silky once slowcooked, earthy, flavorful flat-leaf spinach tastes great in dishes like lasagna or soup.

The number of cups of raw spinach it takes to make just 1 cup of cooked. Don't be caught unaware by spinach shrinkage!



Tell the tooth

Had a spinach so sure to check your teetral careerbuilder.com, only 49 percentell a higher-up if she had spinach in her tee 60 percent would let a lower-level employee know, and 66 percent would tell a peer. Not cool, coworkers!

In a skillet, cook minced fresh ginger and chili flakes in sesame oil on high. Add spinach; stir until wilted. Season and sprinkle with sesame seeds.

Fruity salad

Whisk together EVOO, lime juice and curry powder. Toss with spinach, sliced red onion and chopped mango.

In a food processor, blend spinach, walnuts, garlic, grated Parmesan, salt, pepper and a pinch of nutmeg until smooth Toss with pasta.

Green garden mojito

In a blender, puree 2 cups spinach, 1/3 cup fresh mint leaves, 3 oz. rum, 2 oz. lime juice and 4 tsp. sugar. Divide between 2 ice-filled glasses. Top each with 1/2 cup seltzer. Garnish with lime slice.

BEAGREEN GODDESS

Find more spinach recipes (ravioli! strata!) at RachaelRayMag .com/spinach.

COOKED VS. RAW

Raw spinach has 33 percent more folate and 187 percent more vitamin C than cooked, since those nutrients are vulnerable to heat. On the flip side, cooking spinach deactivates oxalic acid, a compound that prevents the absorption of certain nutrients, so you get 32 percent more iron and nearly 40 percent more calcium than with raw. Grab a salad today and a sauté tomorrow: win-win!

GOBS OF RESIDUE.

GOBS OF FREE TIME.



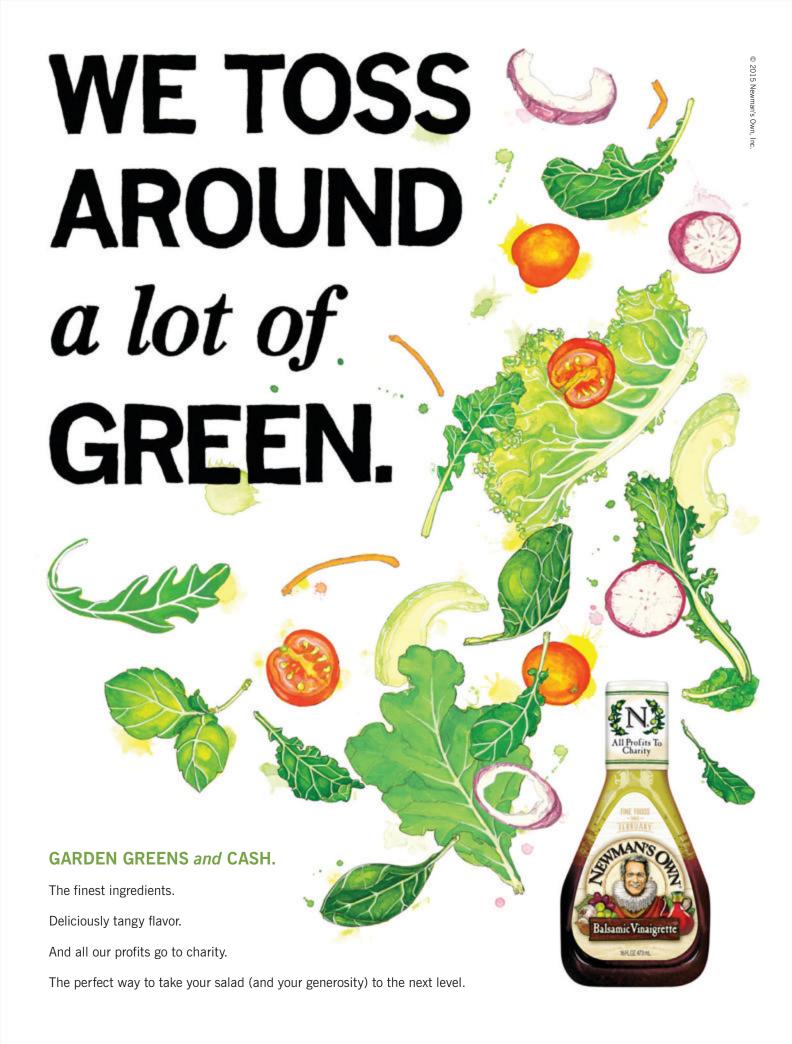
BARGAIN BRAND



*vs. leading brands of cooking spray (except olive oil), after spraying on glass bakeware, baking at 400°F for 30 min, cooling, washing in standard home dishwasher with detergent and repeating 4 times.



pamcookingspray.com









Fennel Chicken Kebabs

1tbsp. fennel seeds • 1tsp. chopped fresh rosemary • 1 clove garlic • 8 boneless, skinless chicken thighs, each cut into thirds • 2 tbsp. olive oil • 1 lemon, quartered then sliced → In ziptop freezer bag, pound first 3 ingredients. In bowl, toss with meat and oil; season. Thread meat and lemon onto 6 skewers. Grill over high, turning, until cooked through, 10 minutes. Makes 6.



Supper on a stick!

Sausage Orecchiette

1 lb. Italian sausage, casings removed •11/2 cups peas • 3 cloves garlic, minced •1 lb. cooked orecchiette plus 1/2 cup pasta cooking water • 1 cup torn basil •1 cup grated Parmesan •1 tsp. lemon zest •1 tbsp. fresh lemon juice → In skillet, cook sausage over high until browned and crumbled, 5 minutes. Add peas and garlic; stir 2 minutes. Stir

in remaining ingredients. Serves 4.



Onick Italian -

Dotato & Chorizo Hash

1 russet potato, diced • 3 oz. cured chorizo, chopped • 6 eggs • 3 scallions, thinly sliced • shaved Manchego **cheese** → In skillet, cook potato and chorizo over medium-low, stirring occasionally, 5 minutes. Cover and cook, stirring occasionally, until potato is tender, 8 minutes; season. Transfer to plate. In skillet, scramble eggs. Serve with hash, scallions and cheese. Serves 4.



Tater toss.

Take a peek at some of our every day favorites. We think you'll like them too!

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Photo by Dallas CVB

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Summer Berry Granola, with real fruit, and Banana Walnut Oatmeal+, packed with crunchy nuts. The plus side of delicious. QuakerOats.com



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Quick Fish Chowder

6 slices bacon • 2 leeks, sliced • 3/4 lb. red potatoes, sliced • 3 cups clam juice • 1 cup heavy cream • 1/3 cup white wine • 2 tbsp. fresh thyme • 1 lb. cod fillets → In pot, cook bacon over medium-high, 7 minutes. Let cool on plate; crumble. Cook leeks in drippings over medium, 4 minutes. Add next 5 ingredients; boil, then simmer 15 minutes. Add fish during



One-pot wonder

Fruity Spinach Salad

1/4 cup olive oil • 11/2 tsp. lime zest
• 2 tbsp. fresh lime juice • 1/2 cup thinly sliced red onion • 8 oz. strawberries, sliced • 4 cups baby spinach • 1 avocado, sliced • 3/4 cup torn mint leaves • 1/4 cup crumbled feta → In large bowl, whisk first 3 ingredients. Add onion and season. Toss gently with strawberries, spinach, avocado, mint and feta; season. Serves 4.



Gussied-up greens

Asian BBQ Pork

3 tbsp. hoisin sauce • 1 tbsp. grated ginger • 1 tbsp. canola oil • 1 tsp. toasted sesame oil • 1 pork tenderloin (1½ lbs.) • 1 tsp. sesame seeds, toasted • 4 halved bok choy, steamed → In bowl, whisk first 4 ingredients; coat pork. Roast on foil-lined baking sheet at 475° until thermometer registers 145°, 18 to 20 minutes. Top with sesame seeds; serve with bok choy. Serves 4.



Easy roast 1





Dijon Salmon Salad

5 tbsp. olive oil • 2 tbsp. white wine vinegar • ½ tbsp. Dijon mustard • 4 salmon fillets (6 oz. each) • 3 cups watercress • 4 radishes, thinly sliced → In bowl, whisk 4 tbsp. oil, vinegar and

→ In bowl, whisk 4 tbsp. oil, vinegar and mustard; season. In skillet, heat 1 tbsp. oil over medium-high. Cook salmon, skin side down, 6 minutes. Turn and cook 2 minutes. Divide veggies among plates. Top with salmon and dressing. Serves 4.



Fast fish 1

Waffled Ham & Cheese

4 slices sourdough • 4 tsp. apricot jam • 10 slices ham • 4 slices Gruyère • 2 tbsp. butter, at room temperature → Preheat waffle iron to medium-high. Spread 2 bread slices with jam; top with ham, cheese and remaining bread slices. Slather butter on the outside of both sandwiches. Press in waffle iron until bread is golden and cheese melts, about 4 minutes. Makes 2.



Pressed to impress!

Spicy Sugar Snap Peas & Peanuts

1 tbsp. canola oil • 1 lb. sugar snap peas, trimmed • ¼ cup peanuts, coarsely chopped • 2 tbsp. chili-garlic sauce → In wok or skillet, heat oil over medium. Add snap peas and peanuts and cook, stirring often, 3 minutes. Add chiligarlic sauce and cook, stirring often, until coated, 1 minute. Season with salt. Serves 4.



Snappy side A



We enhance Mother Nature with more Mother Nature, like all-natural sweet potatoes and sea salt.



food & fun | FAST IDEAS



Extra Corny Popcorn

2 tbsp. canola oil • ³¼ cup popcorn kernels • 4 tbsp. salted butter • 2 cups corn nuts → In large pot, heat oil over medium-high. Add kernels; cover and cook, shaking pot, until kernels just stop popping, 5 minutes. Transfer popcorn to bowl. In saucepan, stir butter over medium-high until browned, 2 minutes. Stir in corn nuts; toss with popcorn. Makes 16 cups.



Movie-night snack 🔿

Lemon-Ginger Cookies

1 cup flour • 3/4 cup confectioners' sugar • 1 stick (4 oz.) chilled salted butter, diced • 1/4 cup minced crystallized ginger • 1 tsp. lemon zest • 11/2 tsp. fresh lemon juice • 1 tsp. ground ginger → In food processor, pulse all ingredients until clumps form. Roll into 1-inch balls. Place on 2 parchment-lined baking sheets; press into 2-inch rounds. Bake at 350° until golden, 12 minutes. Makes 40.



20-minute dessert 2



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Kraft Mac & Cheese Shapes now have no synthetic colors. We also now have no artificial flavors or preservatives. It's true. All you'll find in a box of Mac & Cheese Shapes are lots of mutated turtles and sponges in square pants and droids from a galaxy far, far away. Enjoy.



ARTIFICIAL FLAVORS, PRESERVATIVES OR SYNTHETIC COLORS









RECIPE FROM MEXICAN MADE EASY BY MARCELA VALLADOLID, CLARKSON POTTER, 2011

Beef Pozole

SERVES 10 PREP 15 MIN COOK 2 HR 45 MIN

- 2 dried pasilla chiles
- 2 dried guajillo chiles
- 5 cloves garlic, peeled
- 21/2 lbs. beef shanks
- 8 cups beef stock
- 1 cup coarsely chopped white onion
- 1/2 cup coarsely chopped
- 1/2 cup coarsely chopped celery
- 2 bay leaves
- 1 can (15 oz.) hominy, rinsed Shredded cabbage, thinly sliced radishes and dried oregano, for garnish Lime wedges and tostada shells, for serving
- In a medium bowl, soak the chiles and 2 garlic cloves in 2 cups warm water until the chiles are soft, 30 to 45 minutes. Drain, reserving the soaking liquid. In a blender, puree the chiles, garlic and 11/3 cups soaking liquid. Season the chile sauce with salt and pepper.
- Place the beef shanks in a large, heavy pot. Add the stock and 8 cups cold water, adding

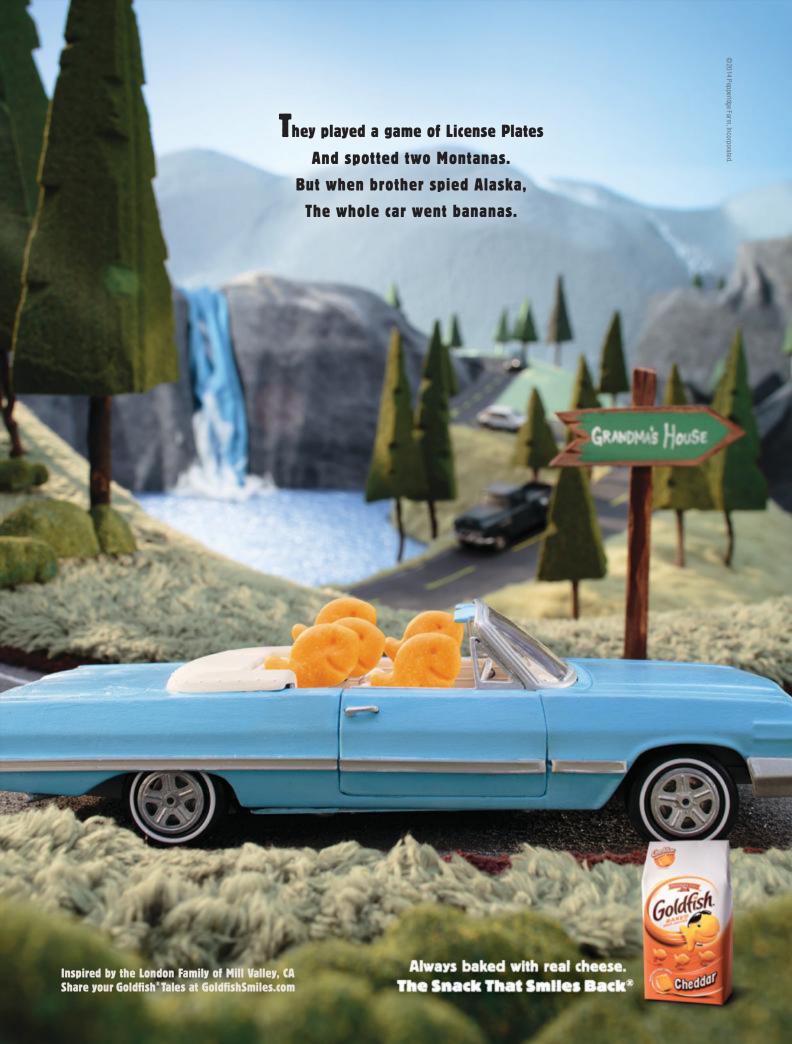
more water if needed to cover the shanks completely. Add the onion, carrots, celery, bay leaves and the remaining 3 garlic cloves. Season with 2 tbsp. salt and 1 tbsp. pepper. Bring to a boil, then reduce the heat to medium-low. Cover and simmer, occasionally skimming the fat from the surface, until the meat is tender, about 21/2 hours.

> Transfer the shanks to a cutting board; let cool 15 minutes. Strain the soup into a large bowl; return the liquid to the pot. In a blender, puree the strained vegetables; stir into the soup. Add the hominy, bring to a boil, reduce heat to low and let simmer.

Meanwhile, using two forks, shred the meat (discard the fat and bones). Return the meat to the pot; season. Let simmer until heated through, about 5 minutes. Ladle the soup into bowls and garnish with the cabbage, radishes and oregano. Drizzle with the chile sauce. Serve with lime wedges and tostadas.







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POTTED MEALS * ROBO ROOM SERVICE * TRAVEL SAVINGS SPECIAL SOURCE * TRAVEL SAVINGS SPECIAL SOUR









Cut a paper template to your desired handle size (at least 1 inch wide and an inch longer than the widest part of your hand). Trace the template twice onto scrap leather (available at craft stores) and cut out with scissors. Use an awl or screwdriver to poke holes ½ inch from each end.



Mark and drill starter holes on your board, slightly closer together than the holes in the straps. (Use a drill bit that's smaller than your screws.) With four screws that are shorter than the thickness of the board, finish attaching the straps with a screwdriver.





Trim flat leather cords in assorted colors (from about \$2.50 for three yards, at craft stores) to five-inch lengths.
Create a loop and place a **4-Inch Bamboo Skewer** (\$5.50 for 200, amazon.com) on top.



Thread the cord ends across the bamboo stick and through the loop; pull tight until secure. Cut the ends into a decorative V or trim each one on an angle. Stick the picks into cheese cubes, sliced fruit and other finger foods.



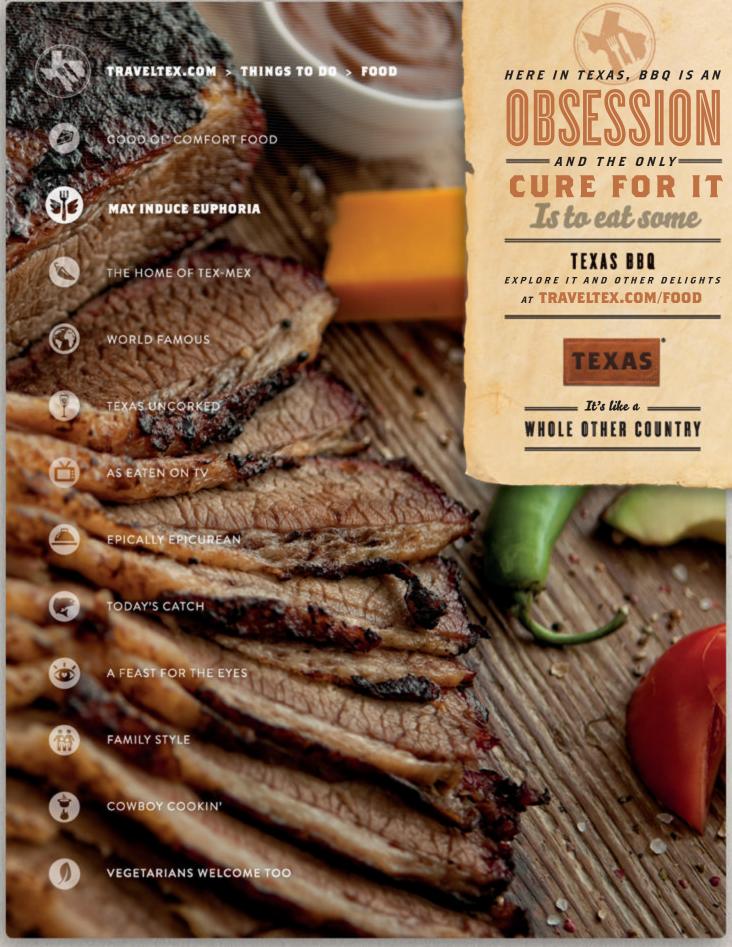


Wrap washi tape around the middle of six '*-Inch Wood

Beads (\$12 for 100, amazon.com),
leaving bottom edge loose. Thread onto a toothpick and press excess tape down. Paint the top of each bead a different color with high-gloss paint; stand the toothpicks in a glass to let beads dry.



2 Trim 1-millimeter round leather cord into 11-inch pieces. Thread both ends of one piece of cord through a bead.
Tie a knot to join the ends; repeat with remaining beads and cord.
Slip charms onto the bases of your wine glasses and slide the beads up to the stems to secure.





Since 1895 the Lavazza family has put its heart and soul into creating the perfect balance of taste and aroma. Lavazza Classico is artfully blended, rich in body and filled with Italian Passion in every cup.



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Continued from page 41



POT PIE. PLEASE!

At Barton G. LA in West Hollywood, CA, pilgrimageworthy pies-whether Cherries Jubilee, Mississippi Mud, Kev Lime or Banana Cream—come in individual flowerpots, each with a generous sprinkling of chocolate crumb "soil." (bartongtherestaurantla.com)

GARDEN PARTY

Set on the lovely flagstone patio of a gardening supply store-and surrounded by plants for sale-Terrain Garden Café in Glen Mills. PA, serves up Flower Pot Bread: brioche that's baked and served in a clay planter. (shopterrain.com)

PLANT-BASED BONANZA

Hit The Gadarene Swine in Studio City, CA, and you'll find that almost everything comes in a planter or corresponding saucer, whether the roasted carrots or grilled corn topped with corn pudding and corn nuts. (thegadareneswine.com)

PLANTER'S PUNCH

Drinks are no exception to the trend: The Watering Cans menu at **The Botanist**, with six locations in the U.K., will have you sipping fruity cocktails out of metal planters. Need a refill? Coming right up... in a watering can! (thebotanist.uk.com)

BUDDING APPETITES

Got a little girl in your life? Make her day twice over. Take her to any **American Girl** Cafe or Bistro (16 locations

nationwide). Then order her the signature Chocolate Mousse Flowerpot. Not only is the dessert served in a colorful planter, but the "dirt" on top is crumbled cookies. (americangirl.com)



peabuchocomall

We start with simple ingredients like 100% whole grain wheat. Then we spread creamy peanut butter, gooey marshmallow and chocolate. Where you take your Triscuit is entirely up to you.



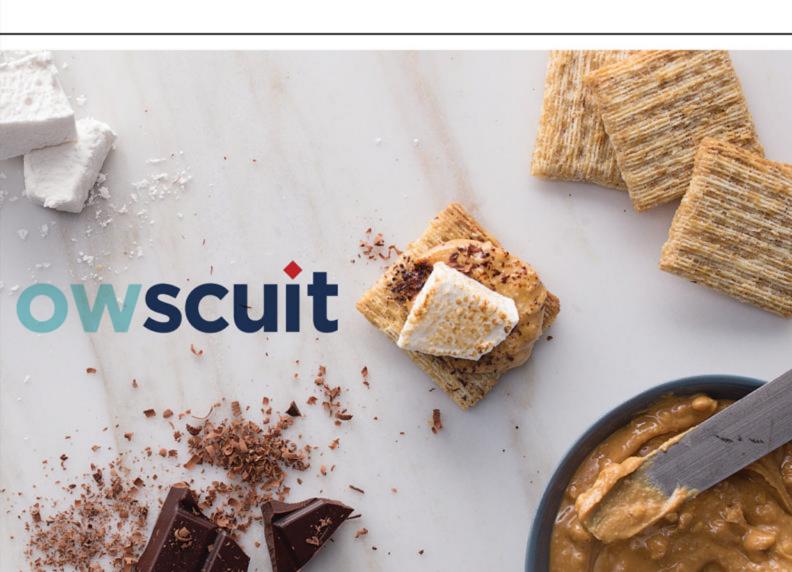
pinterest.com/triscuit

WELL, I'LL BEE

Before the country's superspellers do their thing during the Scripps National Spelling Bee (on ESPN May 27 and 28), warm up at home! See if you can tell right from wrong as you scan the words below. While you may not recognize 'em, they're all foods spelled onstage last year. BY MICHELLE PILLEPICH



Numbers 2, 4, 7, 11, 12 and 14 are actually spelled masala, kohirabi, abaisse, witloof, madeleine and purslane.



MOLECULAR GORGEOUSTRONOMY

Cribbing from Ferran Adrià—and every other liquid nitrogen-happy chef who's turned food into foam and cocktails into caviar—the beauty world is serving up some transformational





- 1. Hit the pump on Peter Thomas Roth's Brightening Bubbling Mask, and a blue gel comes out. Give the stuff 30 seconds on your skin and you'll find a tingly white foam that leaves behind a glow, evened-out skin tone—and the distinct feeling you've had a sleep transfusion. (\$55, sephora.com)
- 2. If you're still leery of the facial oil trend, meet your gateway product. Bliss Fabulous Makeup Melt Gel-to-Oil Cleanser waits to become an oil-and an extra softening one at that—until you massage it in. (\$28, blissworld.com)
- **3.** Many a well-meaning body balm turns out to have a spreadability factor of zero. But

- run your fingers across Dr. Jart+ Ceramidin Oil Balm, and it's suddenly a pliant, drynessdefeating oil. (\$35, sephora.com)
- **4.** A smoothing and strengthening hair cocktail, Nexxus New York Salon Care **Humectress Encapsulate** is studded with space-agey spheres. On exiting the bottle, they turn back into the conditioning oils they were made from. (\$18, at drugstores)
- **5.** One of the best treatments at Kate Somerville's legendary L.A. skin clinic now comes in a home version. Dermal Quench Clear Anti-Acne Treatment morphs from a foam into a fast-absorbing, breakoutbusting film. (\$58, katesomerville.com)

ROBO ROOM **SERVICE**

As hotels turn ever tech-ier, the days of calling a human to order your all-day-dining burger may be numbered. The InterContinental Hotels Group, for one, has rolled out Zingle, a program that lets you text your requests to a message manager. So even if you're out and about, you can have, say, a pizza waiting by your bed when you get back. Meanwhile, from the boutique world (Boston's Hotel Commonwealth) to the megabrands (W Hotels), more and more rooms are coming equipped with tablets that let you order room service through an app. But the tech de résistance? The still-in-testing (um, training) Botlr that Aloft Hotels will be rolling out this year. A three-foottall uniformed robot, he'll ring you when he gets to your room and say, "Hello, your delivery has arrived." When you open the door, take your treat from his hatch top, and smile at the fact that he has no idea you've greeted him in a towel. -A.K.





Get dance-all-you-want bladder leak protection—Always Discreet for sensitive bladders. Our pads are up to 40% thinner* for incredible comfort and absorb 2x more than you may need, plus our pads are drier than Poise pads.** Because hey, pee happens. Visit alwaysdiscreet.com for coupons and to learn more.



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A bloom of My own



LAUREN PURCELL, EDITOR-IN-CHIEF

One of the nicest things about living in New York City is that you can buy flowers on practically every corner. What seemed like a luxury when I was growing up (Ooh, flowers! What's the occasion?) is now an easy everyday pick-me-up. At the same time, I work in an industry where elaborate florists' bouquets are delivered for the smallest of reasons: Thanks for giving that presentation. Sorry I missed our meeting. Happy Friday! So I've picked up a few clues from those professional arrangements to make my bodega-bought flowers look just as great.

1. Measure before you cut the stems. A mistake I often notice in do-ityourself arrangements is that the flowers are out of proportion to the vase—way too much stem is showing, or the blooms barely peek over the edge. There's no hard and fast rule, but a good place to start for a graceful arrangement is to trim the stems so the flowers are one-and-a-half times as tall as the vessel: six-inch-tall vase? Cut the flowers to nine inches.

2. Edit the greenery.

Many mixed-flower
bouquets come "fluffed

up" with fern fronds or other greenery that can detract from a sleek, chic arrangement. Before you put your flowers in a vase, separate out those filler stems and set them aside. Arrange the blossoms (and strip away any leaves left on those stems, as well), then use the greenery, one piece at a time, to fill in if the arrangement looks sparse in spots.

3. Dress up a plain vase. Some of my favorite professional arrangements overcome the boring look of a glass container by lining it with a glossy green

banana leaf. I do not have ready access to a banana tree (and trust me, a leaf of kale, which I do have ready access to, does not produce the same effect). So I keep a realistic silk one (Google "artificial banana leaf") on hand and reuse it with each new bunch of flowers.

4. Don't be a slave to symmetry. One flower design I always get compliments on: a big mass of white flowers with one or two colored blooms tucked in off-center. Easy, a little quirky and not something you'll find at the florist!

ONE-WORD ANSWER! (or three or four)

Hundreds of you weighed in when I asked on Facebook what you've done lately to deserve flowers. Here are some of my favorite answers.

MADE GNOCCHI FROM SCRATCH
OUR ANNIVERSARY
met my goal weight
MARRIED HIM
Kicking cancer's ass
DOG AND FISH SITTING

I QUIT SMOKING!
HELPING OUR DAUGHTER MOVE
Just because
GAVE BIRTH

HAD KNEEREPLACEMENT SURGERY
Changed the air filters
I WORK MY BUTT OFF
Got a new job
Cooked a great meal
MY BIRTHDAY
CLEANED UP THE CAT BARF

BEING A SINGLE MOM just for being me

ILLUSTRATION BY STEPHEN CAMPBELL



CREAMIER THAN SKIM WITH FEWER CALORIES? YOU'RE GONNA NEED A BIGGER GLASS.

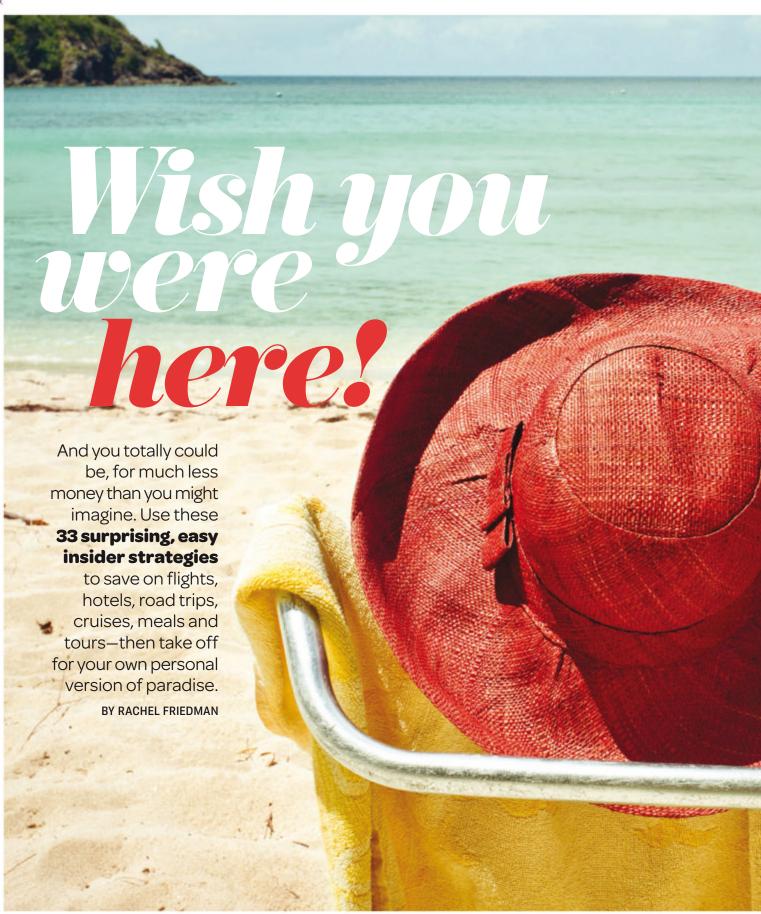


Silk Cashewmilk is made with the creamy goodness of cashews and just 60 delicious calories. **Taste for yourself.**

Silk helps you bloom

#silkbloom









Time your searches right "Domestic fares are updated at 10 A.M., 1 P.M., 4 P.M. and 8 P.M.," says Matthew Ma, co-founder of theflightdeal.com. So if you've been searching for a flight and the prices have been steeper than you'd like, check back a few minutes after the update hours and you may find a rate drop.

Book by place Conventional wisdom holds that the earlier you book, the better. But, in fact, the ideal time varies by destination. "For the best domestic fares, book four to six weeks out," says Kayak spokesman David Solomito. But if you're off to the Caribbean? Just two to four weeks. As for other hot spots around the globe: Book Europe six months out; Asia, five weeks; South America, three to six weeks; Central America, four to five; and Africa, two months. If you buy your tickets when the time is right, savings can range from \$100 to \$1,000.

Exploit a loophole
Tickets sold in the U.S.
must have a 24-hour
cancellation window (if the
reservation is made more
than seven days out), and
this magical sliver of time is
when you can alter your ticket
sans ugly fees. So if your flight
suddenly becomes available
for less, contact the airline to
be credited for the difference
in price. Or use the "airline
refunds" function on the flighttracking site yapta.com.

Fly on weekdays If you're traveling domestically, says Solomito, leave on a Friday, when prices are lowest—15 percent lower on average than the most expensive travel day, Sunday. Going abroad? Aim for a Tuesday or Wednesday departure. And Monday is your best bet for domestic and international returns (except from Europe, where Tuesday wins).

Commitment-phobe? Use optionsaway.com to hold a great fare for up to three weeks. Holding fees vary by flight and the number of holds on it, but most are between \$6 and \$24.

Search outside the box
Go to google.com/flights,
add dates and a destination
that's as open-ended as you
want ("the Caribbean," for
example) and you'll see tons of
flights across a regional map.
So if you simply want an island
getaway, you can go with the
cheapest option: There may be
a several-hundred-dollar gap
between lowest and highest.

Get paid for delays Go to bhtp.com and click on AirCare, where a \$25 insurance plan gets you \$50 for delays of two or more hours, \$250 for missed connections and \$1,000 for more than two hours on the tarmac. To go after funds (up to \$800) you may be owed from past delays, use getairhelp.com. The fee is 25 percent of any money the site scores for you.





13 BID LIKE A SHARK Priceline.com offers preset, deeply discounted rates under its Express Deals banner for hotels that range from basic to posh (one to five stars). Want to pay even less and practically guarantee your bid gets accepted? The secret, says the site's travel editor Brian Ek, is to find the cheapest Express Deal within your preferred star rating, subtract 10 percent—and make that your bid.

Phone it in Use mobile booking apps, says hotels .com travel expert Taylor L. Cole: "More than 20,000 mobile-only hotel deals appear daily."

Do an executive search During holidays, Google "business hotels" wherever you're headed. According to newyork.com's site director Laura Michonski, "rates will be up to 30 percent off to make up for scant execs."

Get a prefund Book on tingo.com and it will stalk your reservation for you in case rates drop before you check in. The site's average refund? \$54.

Be social Follow hotels on social media to get fan-exclusive deals and more. Kimpton, for instance, posts secret social passwords. If you spot one and use it at check-in, prizes will range from free valet parking to a room upgrade.

Be a houseguest Airbnb, the site that lets you stay in local homes (often on the cheap) could set you back even less than you think: If you have Amex points, you can now put them toward your stay.



Plan early "Book nine to 12 months out, when rates are lowest-or between January and March, during 'Wave Season,'" says Carolyn Spencer Brown, editor-in-chief of cruisecritic.com. This annual promotion involves not just sales (don't be surprised to find \$500 discounts) but also possible upgrades, free airfare and great drink packages.

Take off on a dime If you don't book early or during Wave Season, do the opposite, suggests Brown: "The next cheapest time is within three months of a departure, when rooms are usually released after cancellations." To fill those cabins, or rooms that were never booked, companies will discount up to 40 percent.

Think seasonally Take Alaska, where the high season is summer. If you book for mid-May instead, the cost could plummet (maybe \$640 versus \$1,420 for a week). Meanwhile, the Caribbean is cheapest from June to November when. despite possible rerouting around a hurricane, you should still find plenty of sun.



If you're in a town with big tourist attractions, walk two blocks away from them and watch food prices drop, says travel blogger Josie Schneider.

Get schooled See if there's a cooking school where you're visiting, says Freda Gore, the chef-owner of Caribbean Culinary Tours. "Many have restaurants where future stars are cooking great food at great prices." Two faves: L'Ecole at the International Culinary Center in New York (lecolenyc.com) and the Culinary Institute of America at Greystone in St. Helena, CA (ciachef.edu/california).

19 STAY IN

Sites that let you eat in local homes now include hosts who cook professionally. Among the listings on eatwith.com, for example, are meals with chefs who've worked in Michelinstarred restaurants (for about a third of what you'd pay at a joint with any stars). But even if the host isn't a pro chef, this is a fun, affordable way to get to know the local food—and the locals!

Ferret out freebies
Free wine, cheese
and nibbles are frequently
on offer at hotels without
guests even knowing, says
David Viviano, chef and food
and beverage director at
the St. Regis Aspen Resort.
"Cocktail hours, welcome
receptions and other extras
aren't always well advertised,
so ask hotel employees for
the scoop."

Be the early bird
Wherever you are in
the world, find out when the
local happy hour is. Then ask
your hotel for a few bar recs
and feast on discounted food
and drink, suggests Christin
Fernandez of the National
Restaurant Association.

22

Eat on the cheap like a celeb chef Five faves across the U.S.

Emeril Lagasse swears
by the legendary
po'boys at Parkway
Bakery & Tavern in
New Orleans. "They
start at \$7, and they're
big enough to share!"
(parkwaypoorboys.com)

Bobby Flay considers
L.A.'s Cha Cha Chicken
a must for coconut fried
chicken, a mulato Cubano
sandwich or dirty rice
and beans—all bargains.
(chachachicken.com)

Buddy Valastro loves
Pittsburgh's Pamela's
Diner for hotcakes
filled with strawberries,
sour cream and
brown sugar. "Simply
amazing and a steal
at under eight bucks!"
(pamelasdiner.com)

Anita Lo is hooked on the namesake fish dish at My Ceviche in Miami. "It's perfect after a day at the beach—refreshing and cheap!" (myceviche.com)

Kevin Sbraga satisfies his cravings for a roast pork sandwich—a Philly staple—at John's Roast Pork. A large sandwich is just \$8.75. (johnsroastpork.com)

> Anita Lo and Emeril Lagasse







Just deal To pay less for everything from food walks to heli-rides, go to yipit.com, enter your destination and click "tours." Or scan the same deal sites you'd use at home (Groupon, etc.) for discounts on the road. Tour companies sell extra inventory there, says Avi Millman, co-founder of Stray Boots Tours.

See a specialist
Pay up to 50 percent
less than you would for
a conventional tour and get a
unique take on a city, too:
Vayable.com connects you
with in-the-know guides—local
artists, foodies, filmmakers and
more—who may even have VIP
access that lets you skip lines,
says founder-CEO Jamie Wong.

Go gratis Many cities have volunteer (that is, free) guides. A good place to search: the Global Greeter Network, with guides in 25 countries—and a few U.S. cities (globalgreeternetwork.com). In Europe? Try one of the great walking tours on offer from United Europe Free Tours (unitedeuropefreetours.com).

26 Ditch the gas card Oddly, to save money on gas, you're better off avoiding gas station-branded plastic, says credit card expert and author Beverly Harzog. "The interest rates can be sky-high and the rewards aren't as good as you'll get with some cash-back credit cards." The PenFed Platinum Rewards Visa Signature Card, for example, gives three to five percent back on gas purchases. Harzog also notes that being beholden to one gas brand can mean missing out on deals. When you're comparison-shopping for gas (see the next tip), "you'll find that the best prices nearby may well be at a station that's not the one on your card."

Pump apps for intel
The GasBuddy app
uses your location to show you
the most recently reported
prices at nearby gas stations
so you can fill up wherever's
cheapest, no matter what your
fuel of choice (you can search
by regular, midgrade, premium
and diesel).

Rent-a-deal Even with a reservation, ask if there are any cheaper specials when you're picking up a rental car, says Greg Phillips, a spokesman for Enterprise. "There may be extra cars on the lot that let the branch offer you a last-minute bargain."



29 COOL IT

Invest in a good cooler or portable fridge (prices start at \$50 for either), says roadtripamerica.com co-founder Megan Edwards. "BYO food can easily shave hundreds off a road trip." If you still want meals out, go for breakfast, often the cheapest showcase for local deliciousness.

Share toys Pay less than you would at a gear shop by renting someone else's kayak, tent, paddleboard—whatever plaything you can think of—through gearcommons .com. Skis, for example, go for an average of \$25 a day, half what you'd likely pay at a shop. Just search your destination to see who's got what.

Borrow an RV (OK, for a fee.) The average family's RV sits unused most of the year. No surprise, then, that through rvshare.com and other sites, you can now

take someone else's rig out for a spin—yes, even across the country—often for less than you'd pay at conventional agencies and with more negotiable terms.

Stop and smell the savings If

you've rented an RV from a conventional agency, take your time to enjoy your route. Most RV rentals come with a daily allotment of "free miles," after which, you'll likely pay an overage fee (25 to 35 cents per mile, usually). Those numbers may seem tiny, but they can add up fast—so slow down!



33 HIT THE CHEAPEST HOT SPOTS

The planet is full of places where your dollar goes even further than the plane did to get you there. Check out five faves with bonus intel on average rates thanks to TripAdvisor's booking data.

PUERTO RICO

While room rates are a bit higher here than on other islands, plentiful cheap flights from the U.S. mainland make Puerto Rico an overall bargain. Throw in San Juan's gorgeous colonial center, the island's white sands and turquoise waters—plus plantain-based mofongo—and you may want to extend your stay.

NICE HOTEL \$150 PER NIGHT MEAL FOR 2 \$50 3 COURSES

Asia

VIETNAM

Limestone islands in mystical bays, buzzing cities, remote beaches and some of the cheapest and best eats on earth—\$1 pho, for starters—are just a few of the draws here. Although Ho Chi Minh City and Hanoi rightly tempt tourists, try lesserknown Da Nang, where delish beachside cafés and street-food stalls compete for your dollar or maybe your fiver.

NICE HOTEL \$43 MEAL FOR 2 \$14 3 COURSES

Africa

SOUTH AFRICA

With its embarrassment of riches (vibrant cities, beautiful beaches, a delicious wine route, and, oh yeah, lions and elephants and great white sharks) South Africa is many getaways in one. And operators are luring Americans not only with direct flights from a few U.S. cities, but also with great deals on the ground.

NICE HOTEL \$100 PER NIGHT MEAL FOR 2 \$30 3 COURSES

Latin America

NICARAGUA With several active volcanoes to hike up (and

With several active volcanoes to hike up (and one you can sandboard down), monkey-filled jungles, beautiful beaches and some of the prettiest colonial architecture in the Americas, Nicaragua is out Costa Rica-ing Costa Rica—and for less dinero. Stay in León for volcano-hopping, San Juan del Sur for surfing, and Granada for sheer gorgeousness-gawking.

NICE HOTEL \$118 PER NIGHT MEAL FOR 2 \$16 3 COURSES

Europe HUNGARY

Though a lot of Hungary is wander-worthy, Budapest alone warrants the trip. This Danube-straddling, dome-filled city—with, according to one recent survey, Europe's cheapest per-glass wine cost (\$2.59), among other bargains—is a few years into a hot streak. In fact, "Budapest" has become one of the top travel searches in the U.S. thanks, pros theorize, to The Grand Budapest Hotel.

NICE HOTEL \$79 PER NIGHT





Melt Your Belly Fat

at deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

Their key ingredient, Almased, helps you boost the fat-burning process while retaining muscle mass. The special fermentation used for making Almased releases bioactive peptides from its three main ingredients, soy, yogurt and honey. These peptides are unique to Almased and have been

shown to inhibit the storage of fat in the body and support the breakdown of existing fat. Combine that with providing a natural boost of energy and maintaining healthy blood sugar and thyroid function and you have the ideal weight loss multi-tasker.

The unique and all-natural formula Almased is gluten-free, diabetic friendly and contains no artificial fillers, flavors, added sugars, preservatives or stimulants. It has been clinically confirmed to support weight loss and overall well-being.

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



YOU CAN REPLACE ONE OR TWO MEALS A DAY WITH AN ALMASED SMOOTHIE FOR WEIGHT LOSS, OR ADD IT TO YOUR REGULAR DIET ROUTINE FOR WEIGHT MAINTENANCE AND WELLNESS.





NOW AVAILABLE AT

Walgreens

Find more delicious smoothie recipes, get information on Almased and **download a free**, easy-to-follow diet plan at **figureplan.com** (enter source code **RRF**). Or give us a call at **1-877-256-2733** (toll-free). You can find Almased in Walgreens, GNC, the Vitamin Shoppe and health food stores or visit **www.almased.com**.

EASY SPRING SOUPS * GORGEOUS HAIR FOR LESS SOUPS * GORGEOUS * GOR



Get whisked away

These unique whisks may sweep you off your feet—they performed the best on a wide array of kitchen tasks.



Who knew? The best tool for beating scrambled eggs isn't a whisk—it's a fork. Whipping in too much air—all too easy to do with a whisk—gives you more fluff but less flavor.

so you can use it

and pans. (\$10,

with nonstick pots

josephjoseph.com)

a vinaigrette in less than

(\$22, rosleusa.com)

5 seconds," says test kitchen

associate Charles Grayauskie.

Whip it good

Here's what you need to know to whisk to perfection: It's all in the wrist.

1. PICK THE RIGHT SIZE VESSEL

Choose a bowl that works for the task. If you're whisking air into something like a batter or whipped cream, pick a bowl that's at least three times bigger than the volume of your ingredients. If you're whisking vinaigrettes, use a smaller bowl or cup.

2. TILT THE BOWL

If you're using a mixing bowl, tilt the far edge of it toward your whisking hand at a 30-degree angle. This way, the ingredients pool together in an easier-tomanage area and you have better access to get your whisk working.

3. LIFT UP AND OUT

The path your whisk takes is crucial: Lift it so you're guiding the ingredients up and out of the bowl, then back in (like a Ferris wheel). This will ensure air is incorporated into the mixture.

4. KNOW WHEN YOU'RE IN OVER YOUR HEAD

Some tasks are just too daunting to do by hand. This is when it's worth getting out the big guns: Reach for an electric mixer anytime you're making a meringue, or if a recipe calls for you to gradually add ingredients while whisking.



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A LOT TO SAY.
And we want
to hear.

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RachaelRayMag.com/PeoplePanel



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faves & save

shopping showdown!

BATTLE OF THE BLOODY MARYS

BOTTLED

Choosing from among the scores of premade mixes can be tricky. Some are fresh tasting with a nice kick; others are bland or loaded with preservatives. If you find a brand you like, it's a worthy addition to your party spread—it costs a little more than homemade, but

it requires hardly any

work. Just add vodka

and a celery stick!

Brunch enthusiasts, rejoice! Your cocktail's flavor profile is up to you, from the tomato base (pick fresh or canned tomato juice, Clamato or V8), to the seasonings (horseradish and garlic, anyone?). A homemade Bloody Mary is easy to whip up in big batches and offers a fresh, savory flavor you can't quite get from a bottle.

HOMEMADE

MARY ME!

In a pitcher, stir 6 cups tomato juice, 1/3 cup fresh lemon juice, 1/4 cup Worcestershire sauce, 1 tbsp. pepper, 2 tsp. cayenne, 1/2 tsp. celery salt and 5 dashes hot sauce. Serve with vodka.

Makes 6 drinks. For cool add-in ideas (hint: bacon!), go to

RachaelRayMag.com/bloodymarys.



None

\$.96 per drink

PREP

PRICE

10 minutes

\$.65 per drink

AND THE WINNER IS...
HOMEMADE

BY ERICA CLARK

Checkout! Our staff tasted more than 100 new products (it's a hard job!). Here are this month's faves. BY NICOLE WITKO

"Finally, yogurt that I'd be happy to eat for dessert. The buffalo milk in Annabella Water Buffalo Milk Yogurt (\$2.65) makes this extra rich and creamy. Not bad for a healthy snack!" -Kathleen Krems Terzuoli, Managing Editor 66 Annie's Organic Grass Fed Mac and Cheese (\$3.49) is richer and creamier than your regular boxed stuff, but just as convenient.

-Dana Bowen, Executive Editor

"Juice places can be pretty expensive and who wants to stand in line? Stowed in the fridge, V8 Healthy Greens (\$3.99) is a cheaper, tasty alternative." —Charles Grayauskie, Test Kitchen Associate

Cool beans!

Left with a pantry full of canned black beans after Cinco de Mayo? Dinner—or dessert!—is only a few ingredients away. BY DAISHA CASSEL



Toss 1 can (15 oz.) drained, rinsed black beans with sliced scallions, a diced bell pepper, a handful of chopped cilantro, a pinch of cumin, 3 tbsp. fresh lemon juice and EVOO. Season. Serve in scoop-shaped tortilla chips topped with sour cream.

Black Bean Hummus

In a food processor, pulse 1 can (15 oz.) drained, rinsed black beans, 3 thsp. tahini, $1^{1}/2$ thsp. lime juice and a garlic clove. Season; sprinkle with chili powder.

Black Bean Burgers

Cook $^{1}/_{3}$ cup each chopped onions, carrots and mushrooms in 1 tbsp. EVOO until soft. Stir in 1 tbsp. sriracha, $^{1}/_{2}$ tsp. dried oregano and a pinch of salt. Drain and rinse 1 can (15 oz.) black beans; add half to a bowl and mash. Mix in $^{1}/_{2}$ cup panko, the remaining beans, the vegetable mixture and a beaten egg. Shape into patties. Bake on a greased baking sheet at $^{4}50^{\circ}$ until crispy, about 15 minutes. Serve on buns with your favorite toppings.

Cocoa & Bean Truffles

"I'll take a hit of spice wherever I

can get it, which is why I love

Tomato Ketchup (\$4.49). What's

up, sweet potato fries?" -Lauren Katz, Editorial Assistant

Bandar Foods Masala Sp

In a saucepan, melt 1 bag (12 oz.) semisweet chocolate chips with 1 stick (4 oz.) salted butter over low. In a food processor, puree 1 can (15 oz.) drained, rinsed black beans with 1 /2 cup each cocoa powder and confectioners' sugar. Add the melted-chocolate mixture and process until smooth. Chill overnight. Roll into 1-inch balls; toss in cocoa powder.

66Great Grains The Bar Undone (\$4.99)

has nine grams of protein—awesome on its own, and even better when I add it to my morning Greek yogurt.

Jennifer Beck, Executive Lifestyle Editor

Tech bite

Money market

Food companies want to be sure their products are in stock and looking good, and (cha-ching!) these apps will pay you to check. Here's the 411 on three options. BY STAN HORACZEK

PUT IN THE TIME

8

Claiming a gig is as easy as tapping a button on EasyShift's well-designed

app. The pay is mostly under \$10, and they make you work for it—one \$9 job required answering 56 yes-or-no questions about a snack display. Jobs are nationwide but easier to find in suburban areas.

STAKE A CLAIM



With Gigwalk, you have to apply for jobs instead of just nabbing them.

Gigs for beginners—like taking pictures of a dairy display—pay between \$4 and \$7, but more lucrative and involved jobs (like, say, talking to a manager about inventory) are available to frequent Gigwalkers. You're paid via PayPal (same for all three apps), and most jobs are in big cities.

TWO WAYS ABOUT IT



With Rewardable, jobs are sparse and relatively low-paying (around \$2

to \$5) for tasks like tracking down a brand of pasta sauce. However, this service also offers 60-second app-testing gigs for about a dollar each, so you can make money while in line at the checkout.

"Alouette English-Style Brown Ale Cheddar (\$4.99) is a surprisingly delicious match for Tostitos Rolls! Tortilla Chips (\$4.29). Chips and cheese: What's not to love?"

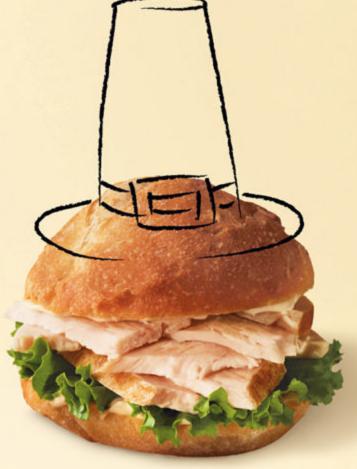
yle Editor











Give Thanks on a Tuesday.



Slow Roasted and Carved Thick. Oscar Mayer Carving Board gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's Oscar Mayer.







Beef Noodle Soup

SERVES 4 PREP 10 MIN COOK 35 MIN

- 1 tbsp. vegetable oil
- 2 large onions, unpeeled, quartered through root end
 - 3-inch piece fresh ginger, peeled and quartered lengthwise
- 6 cups beef stock
- 3 cinnamon sticks (each about 2½ inches long)
- 4 star anise pods
- 1/2 Ib. beef eye round, frozen until just firm, then sliced very thinly against the grain

- 16 oz. rice noodles, cooked
- 2 tsp. fish sauce
- 1 cup bean sprouts
- 1 red jalapeño, thinly sliced
- 1/3 cup fresh basil leaves
- 1/3 cup fresh mint leaves
- 1. In a large, heavy pot, heat the oil over medium-high. Add the onions and ginger, cut side down, and cook until browned, turning once halfway through, about 7 minutes. Add the stock, cinnamon sticks,

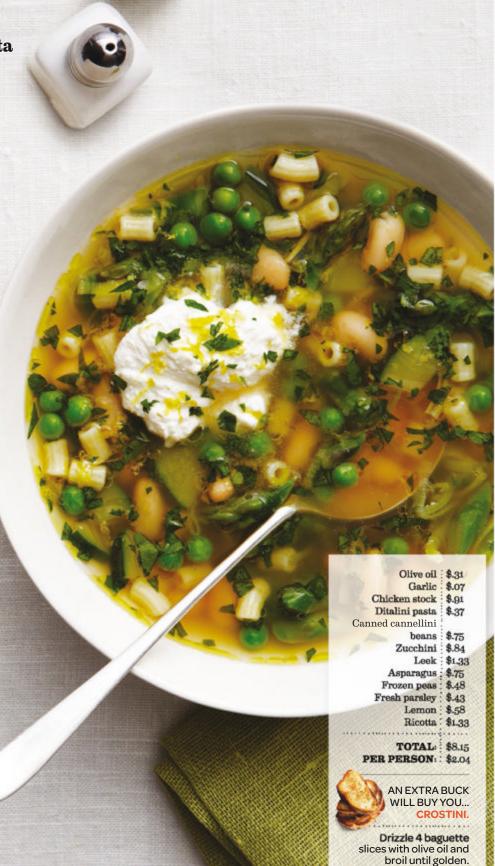
star anise and 3 cups water; bring to a boil. Reduce the heat to medium and simmer until the onion is tender, about 15 minutes.

- 2. Strain the stock; discard the solids. Return the stock to the pot and bring to a boil. Stir in the beef and cook over medium until just cooked through, about 2 minutes. Remove from heat and stir in the noodles and fish sauce.
- **3.** Divide the soup among bowls and garnish with the bean sprouts, jalapeño, basil and mint leaves.

Spring Minestrone with Whipped Ricotta

SERVES 4 PREP 15 MIN COOK 15 MIN

- 3 tbsp. olive oil
- 3 cloves garlic, thinly sliced
- 6 cups chicken or vegetable stock
- 1 cup ditalini pasta
- 1 cup canned cannellini beans, rinsed
- 1 small zucchini, quartered lengthwise and sliced 1/4 inch thick
- leek—white and lightgreen parts only, halved lengthwise and thinly sliced
- 1/4 lb. asparagus, sliced on an angle 1/2 inch thick
- 1 cup frozen peas
- 1/2 cup minced parsley
- lemon, zested and juiced
- 1 cup ricotta
- 1. In a large pot, heat the oil over medium. Add the garlic and cook, stirring often, until fragrant, about 2 minutes; season with salt and pepper. Stir in the stock, pasta and beans; bring to a boil. Reduce the heat to medium, stir in the zucchini and cook, stirring often, 3 minutes. Stir in the leek, asparagus, peas, 1/4 cup parsley and 11/2 tbsp. lemon juice. Simmer until the vegetables are just tender, about 5 minutes. Season. 2. Meanwhile, in a bowl using
- an electric mixer, whip the ricotta until fluffy; season. Divide the soup among bowls. Garnish with the whipped ricotta, 1½ tsp. lemon zest and the remaining ¼ cup parsley.







Scallion Soup with Apple & Gouda Grilled Cheese

SERVES 4 PREP 10 MIN COOK 25 MIN

- 3 tbsp. butter
- 4 bunches scallions, white and light-green parts only, thinly sliced
- russet potato, peeled and cut into 1/2-inch cubes
- 3 cups vegetable stock
- 6 oz. sliced Gouda
- 6 slices country-style bread
- 1/3 Granny Smith apple, cored and thinly sliced
- 3 tbsp. olive oil
- cup fresh spinach

1. In a large pot, melt 2 tbsp. butter over medium heat. Add the scallions and potato, season with salt and pepper and cook, stirring occasionally, until vegetables soften, about 5 minutes. Add the stock and 11/2 cups water; bring to a boil. Reduce the heat to medium and cook until the potatoes are tender, about 15 minutes.

2. Meanwhile, divide half the cheese among 3 slices of bread. Top with the sliced apple and the remaining cheese

and bread. In a large skillet, melt the remaining 1 tbsp. butter with 1 tbsp. oil over medium heat. Add the sandwiches and cook until the bread is golden and the cheese melts, about 2 minutes per side. Cut each sandwich into 4 strips. 3. In a blender, working in batches if necessary, puree the soup with the spinach; season. Divide the soup among bowls; drizzle with the remaining 2 tbsp. oil. Serve each portion with 3 grilled-cheese segments.

Chicken & Lime Tortilla Soup

SERVES 4 PREP 15 MIN COOK 25 MIN

- 5 cups chicken stock
- 4 bone-in, skin-on chicken thighs (about 11/2 lbs. total)
- 2 cups canned diced tomatoes with green chiles
- 1 large red onion, finely chopped
- 2-3 canned chipotles in adobo sauce, minced, plus 2 tsp. sauce
- 2 tsp. ground cumin
- 5 small (6-inch) corn tortillas-1 chopped and 4 thinly sliced into strips then halved crosswise
- 2 tsp. vegetable oil
- 1 cup drained canned corn
- limes-both zested and 1 juiced

- avocado, pitted and diced
- cup chopped cilantro
- radishes, thinly sliced
- 1. Preheat the oven to 400°. In a large pot, combine the stock, chicken, tomatoes and their juice, onion, chipotles and adobo sauce, 11/4 tsp. cumin and 2 cups water. Bring to a boil, then reduce heat to medium and simmer until the chicken is cooked through, about 20 minutes. Transfer chicken to a plate; let cool. Transfer half the soup to a blender, add the chopped tortilla and puree. Return the soup to the pot; season with salt and pepper.
- 2. Meanwhile, on a parchment-lined baking sheet, gently toss the tortilla strips with the oil. Bake, tossing halfway through cooking, until golden and crispy, about 8 minutes. Gently toss with the remaining 3/4 tsp. cumin, 3/4 tsp. salt and 1/8 tsp. pepper.
- 3. Using two forks, shred the chicken, discarding skin and bones. Add shredded meat to the pot along with the corn, 2 tsp. lime zest and 1 tbsp. lime juice; season. Divide among bowls. Top with the avocado, cilantro, radishes and baked tortilla strips.



Chicken stock \$.76 Bone-in, skin-on chicken thighs \$2.99 Canned diced tomatoes with chiles : \$1.48 Red onion \$.99 Canned chipotles in adobo sauce \$.50 Ground cumin \$.17 Small corn tortillas : \$.47

Vegetable oil \$.03 Canned corn : \$.34 Lime: \$.50

Avocado : \$1.00 Fresh cilantro : \$.25 Radishes: \$.23

TOTAL: \$9.69 PER PERSON: \$2.42



Top with a dollop to add a cool creaminess to the soup.



Better bangs for your buck



Plus better color, shine, texture, the works! In an exclusive survey, more than 1,000 of you divulged your hair habits, attitudes and wish lists, and we took your top concerns to the pros. The result? All-star advice on spending less money, time and effort to get gorgeous hair—which, after all, is what 100 percent of us want! BY ABBIE KOZOLCHYK





up, says Francis. "But the ends are subject to the same damage as

fast." So see your stylist for a trim every four to six weeks.

straight ends—and in the case of curly hair, fraying turns into frizziness

2. Hydrate early and often

At every opportunity, from the time you shampoo to the time you style, drown your hair in moisture. Dryness is another invitation to frizz. FYI: Drugstore moisturizing or hydrating formulas likely pack the same quenching agents (from oils to seaweed) as high-end counterparts.

▼ Try Infusium23 Moisture Replenisher Shampoo and Conditioner (\$7 each, at drugstores).



has perfected a three-

step curl-control system.

3. TAME TWICE

Apply a curl controller to sopping wet hair (even before you've towel-dried) to allow for maximum absorption. Then, if any frizz pops up post-styling, add a layer of lighter control, but this time, coat strands just from midshaft to ends, advises Francis. "You'll get an invisible shield without roots that look glued to your scalp"—a common sign of overzealous product use.

► For layer one (post-shampoo), try Suave Professionals Luxe Style Infusion Smoothing Light Weight Weather Proof Cream (\$5, at drugstores); for layer two (post-styling), try Dove Quench Absolute Supreme Crème Serum (\$6, at drugstores).



PROP STYLING BY JULIE FLYNN FOR HALLEY RESOURCES.



spend on your hair daily

Not bad—but you can

save even more time (and a little cash, too) with tips from our panel of pros.



Wash and style less. You'll cut your primping time and product costs—and keep your hair healthier, says Ryan Cotton, of NYC's Serge Normant at John Frieda Salon, who styles Emma Roberts and Hilary Duff, among others. Between sudsings, make dry shampoo your best friend: It'll absorb oil and lift your roots.

2

When you do shampoo, unless you have the world's most abundant head of hair, use a dollop no larger than a quarter, Francis says. "Women tend to *way* over-suds." Ease up, and you'll spend less time rinsing—and less money on shampoo.



3

When blow drying, you don't always need to be meticulous, says Redken global creative director Guido Palau. "Right now, the trend is all about the undone look." So put down your brush about halfway through and use your fingers instead: You'll finish faster and look more natural.



to splurge, most would make the wrong choice.

Close to half of you, keen to spend your theoretical stash on schmancy shampoos or frizz fighters, need a new investment strategy. What is worth shelling out for? Deep conditioner. Let the expert explain...



So many sophisticated versions fill drugstores now, almost no need goes unmet, says Jim Hammer, R&D director at Pharmasol and owner of Mix Solutions. Plus, these products are often on and gone in two minutes. With a pricey product, that's like money down the drain.

Great new volume boosters: Pantene Pro-V Full & Strong Shampoo and Conditioner (\$4 each, at drugstores)



SAVE HERE!

Drugstore frizz fighters now tend to be tested under such killer conditions that your real life is a breeze by comparison. "Picture a hot, sticky summer day in the tropics with up to 90 percent humidity, and that's the weather mimicked in the test chambers," Hammer says.

Our favorite new frizz fighter: John Frieda Frizz Ease Beyond Smooth Frizz-Immunity Primer (\$10, at drugstores)



To the 21 percent of you who said you'd splurge on deep conditioner, well done! It's the key to softness, shine—even rich color. And because you'll use the product only occasionally (maybe once a week), one container goes a long way.

A great deep conditioner that boosts softness and color: Redken Color Extend Magnetics Deep Attraction Mask (\$21, redken.com for salons)

give you height

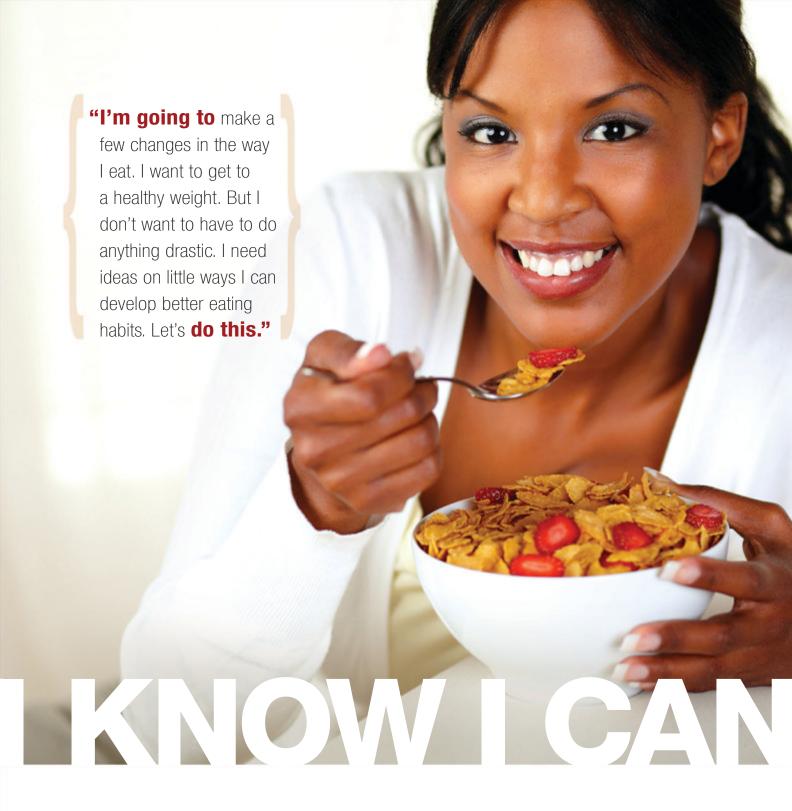
dillards.com

and comfort. \$80,

night out on the town.

\$86, voomonline.com

8. Get shade and style with a tribal-striped Cappelli Straworld hat. \$30, hartfordyork.com 9. Tiny flowers bloom on Sollana wedges. \$80, sbiccafootwear.com



Achieving a healthy weight seems more manageable if you make small changes. Like choosing a fruit for your daily snack instead of cookies. Or switching to whole-grain cereal for breakfast. If you'd like to learn more, go to **publix.com/firststep** and opt in to Health & Wellness Communications. You'll receive monthly emails that bring you ideas and suggestions for your health-filled life. It's just one more service Publix offers to help you on your journey to better health. We want to be your grocery store for life.





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*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. May take 1 to 4 days for full effect. Not for immediate relief.
^1Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014 **P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014









Carbonara-Style Pasta, Hold the Yolks

SERVES 4

This eggless take on classic carbonara gets its golden glow from saffron steeped in wine and cream.

- 1 cup dry white wine
- 2 cloves crushed garlic
- 1 tsp. saffron threads
- cup cream
 Salt and white pepper
- 3 tbsp. olive oil
- 1/4-1/3 lb. pancetta or meaty (not fatty) guanciale, diced into 1/4-inch pieces
- 1 lb. spaghetti or linguine
- ½ cup grated Parmigiano-Reggiano, plus more for passing

- 1/2 cup grated Pecorino Romano, plus more for passing
 - Finely chopped flat-leaf parsley, for garnish
- ➢ Bring a large pot of water to boil for the pasta.
- ▷ In a small saucepan, heat the wine, garlic and saffron over medium until the wine is reduced by half, about 5 minutes. Add the cream
- and season with salt and white pepper. Reduce the heat to medium-low and simmer gently, stirring occasionally, until the sauce is reduced by about half, about 10 minutes.
- ▷ In a large skillet, heat the olive oil, three turns of the pan, over medium. Add the pancetta and cook, stirring often, until lightly browned, about 5 minutes.
- Description Salt the boiling water, add the pasta and cook to al dente. Add a ladleful of the starchy pasta water to the pancetta in the skillet. Drain the pasta and transfer to the skillet. Discard the garlic from the saffron sauce; add the cheeses and stir until smooth. Pour the saffron sauce over the pasta and toss to combine. Adjust the seasoning and top with more cheese and the parsley.









Lamb Patties with Pistachio Tzatziki

SERVES 4

PISTACHIO TZATZIKI

- 1/3 cup shelled natural pistachios Salt
- 1/2 seedless English cucumber, peeled and shredded A small handful mint leaves A small handful parsley leaves About 2 tbsp. roughly chopped dill
- 1 cup plain Greek yogurt
- oz. feta, preferably Greek, crumbled (about 1/4 cup)
- 1 small lemon, juiced (about 3 tbsp.)
- 1 clove garlic, grated or pasted
- 1/2 tsp. ground cumin

LAMB PATTIES

- 2 lbs. ground lamb
- 3-4 tbsp. red wine
- 2 large cloves garlic, chopped
- 1 tsp. (about ⅓ palmful) ground cumin
- 1 tsp. (about ¹/₃ palmful) dried oregano, preferably Greek
- tsp. (about 1/3 palmful) ground paprika
 - About 1/2 tsp. ground allspice
 - Olive oil, for drizzling Kosher salt and coarse black pepper
 - Grilled or toasted pita or naan, chopped romaine hearts and drained, chopped giardiniera (hot pickled vegetables), for serving
- Description Descr
- Description In a bowl, combine the lamb, wine, garlic, cumin, oregano, paprika, allspice and a drizzle of oil **[C]**; season with kosher salt and black pepper. Form into 8 small patties (thinner in the center for even cooking).
- ➢ Heat a skillet over medium-high. Add the lamb patties and cook, turning once, until browned, 6 to 7 minutes for medium.
- Serve the lamb patties with the pita, lettuce, vegetables and tzatziki.



Baby Porchetta with Balsamic Berries & Arugula

SERVES 4

I first made a mini porchetta on my show 30 Minute Meals more than a decade ago, and I go back to it from time to time with different toppings. In this version, I serve the pork with balsamic-macerated berries.

- lb. sliced pancetta, or 6 slices meaty, thinly sliced uncured bacon
- tbsp. rosemary, stripped from stems and chopped
- 2-3 cloves garlic, chopped
- lemon, zested (about 11/2 tsp.)
- 1 tsp. fennel seed
- pork tenderloin (1 to 11/4 lbs.), trimmed of silver skin Kosher salt and coarse black pepper

- Olive oil, for drizzling
- lemon, cut into wedges
- cup hulled and sliced strawberries
- 1/2 cup blackberries
- 1/2 cup blueberries
- cup dry red wine 1/4
- 2 tbsp. aged balsamic vinegar
- tbsp. sugar A handful basil leaves, torn A large bunch arugula, cleaned, or 3 to 4 cups arugula leaves ciabatta rolls or other crusty

Italian rolls

- to high and preheat the oven to 375°.
- On a sheet of parchment paper, arrange the pancetta in a single layer, overlapping slightly (like shingles) to form a 10-by-12-inch rectangle. Sprinkle the pancetta with the rosemary, garlic, lemon zest and fennel seed [A]. Season the pork with kosher salt and coarse black pepper and place on one long side of the pancetta. Using the paper as an aid, roll up the pork to wrap it in the pancetta [B]. Using kitchen twine, tie in four or five places to secure [C]. Drizzle the pancetta-wrapped pork with the olive oil and add to the skillet. Cook, turning, until browned all over, about 10 minutes [D]. Transfer the skillet to the oven; roast until an instant-read thermometer registers 140° when inserted into the center of the pork, 13 to 15 minutes. Let the meat rest 10 minutes before slicing. Douse with juice from the lemon wedges.
- In a bowl, combine the berries, wine, vinegar and sugar; let stand 15 minutes. Toss with the basil.
- > Serve the pork with the arugula topped with the berry mixture and the crusty rolls.













Whole-Wheat Pasta with Mushrooms, Greens & Spring Peas

SERVES 4

- 1/4 cup olive oil About 11/2 lbs. assorted sliced mushrooms, such as crimini, maitake and shiitake
- 2 large shallots, finely chopped
- 4 cloves garlic, chopped
- 2 tbsp. chopped thyme Salt and pepper
- 1 cup fresh shelled peas

- ½ cup sherry or dry white wine
- Ib. whole-wheat fettuccine, spaghetti or pappardelle
- 5–6 cups chopped escarole and/or green lettuces
- small lemon, juiced (about 3 tbsp.)
 Shaved or grated Parmigiano-Reggiano, for serving

- ▷ Bring a large pot of water to boil for the pasta.
- Description In a large, deep skillet, heat the olive oil over mediumhigh. Add the mushrooms and cook, stirring occasionally, until browned, about 6 minutes. Add the shallots, garlic and thyme; season with salt and pepper. Cook until the shallots soften, about 2 minutes. Add the peas and sherry; cover and simmer until the peas are tender, 2 to 3 minutes. Uncover and reduce the heat to medium.
- Salt the boiling water, add the pasta and cook to al dente.
- Add 1 cup of the starchy pasta water to the mushroom mixture, then drain the pasta. Using tongs, toss the greens into the mushrooms to wilt, then add the pasta. Add the lemon juice and season. Serve the pasta in shallow bowls with a sprinkle of the cheese.



Pork Chops with Potatoes, Green Beans & Quick Brown Sauce

- large (1-inch-thick) bone-in pork chops Salt and pepper
- 5 medium potatoes, cut into large bite-size pieces
- lb. green beans, trimmed and 1 halved crosswise
- 4 tbsp. butter
- tbsp. chopped chives 2
- 2 tbsp. chopped flat-leaf parsley
- tbsp. olive or canola oil
- shallot, finely chopped 1
- large clove garlic, minced
- bay leaf
- 1 slightly rounded tbsp. flour
- cup veal or chicken stock 1
- 2 tbsp. dark soy sauce
- 2 tsp. Worcestershire sauce
- Season the chops with salt and pepper.
- medium-high.
- Place the potatoes in a large pot. Add enough cold water to cover; bring to a boil. Cook the potatoes until almost tender, 10 to 12 minutes. Add the green beans and cook until the

- potatoes are tender and the green beans are crisp-tender, about 5 minutes more: drain and return the vegetables to the pot. Toss the vegetables with 2 tbsp. butter, the chives and parsley; season with salt. Cover and keep warm.
- the oil, one turn of the pan, over medium-high. Add the chops and cook, turning occasionally, until browned, about 10 minutes. Transfer to a platter and cover to keep warm. Add the remaining 2 tbsp. butter to the skillet. When the butter foams, add the shallot, garlic and bay leaf. Stir until the shallot and garlic soften (a minute or two), then add the flour and whisk 1 minute. Whisk in the stock, soy sauce and Worcestershire. Reduce the heat to low and return the chops to the skillet, turning to coat in the sauce. Simmer until the pork is cooked through, 1 to 2 minutes more.
- Divide the chops among plates. Serve with the potatoes, green beans and sauce.





Spring Onion Chicken Breasts & Rice Pilaf with Almonds

SERVES 4

RICE PILAF WITH ALMONDS

- 1/3 cup (a fat handful) sliced almonds with skins
- 3 tbsp. butter
 A small handful (about 1/4 lb.) thin spaghetti, broken into 1- to 2-inch pieces
- cup American basmati rice
 Salt and pepper
- 2-21/2 cups chicken stock

CHICKEN

- boneless, skinless chicken breasts (about 1½ lbs. total), lightly pounded Salt and pepper
- tbsp. olive oil
- 2 tbsp. butter
- bunch spring onions or scallions, chopped, whites and greens separated
- 2 tbsp. chopped thyme
- 2 large cloves garlic, chopped
- 2 tbsp. flour
- 1/2 cup dry white wine
- 1 cup chicken stock
- 1 small lemon, juiced (about 3 tbsp.)
- ▶ Heat a saucepan with a lid over medium to medium-high. Add the almonds and toast until light golden; transfer to a plate. Add the butter to the pan. When it foams, add the spaghetti and cook until browned, about 2 minutes. Add the rice, season with salt and pepper and stir to coat. Add 2 cups stock and bring to a boil. Reduce the heat to low, cover and simmer until the rice is tender, shaking the pan occasionally and adding more stock if the rice is too dry, 15 to 18 minutes. Stir in the almonds.
- Meanwhile, season the chicken with salt and pepper. In a large skillet, heat the olive oil, two turns of the pan, over medium-high. Add the chicken and cook until browned, 3 to 4 minutes per side; transfer to a plate. Add the butter to the skillet. When it foams, add the spring onion whites, thyme and garlic; season. Swirl the skillet for a minute or two; whisk in the flour and then the wine. Simmer for a few seconds to reduce slightly, then whisk in the stock. Bring to a bubble, return the chicken to the skillet and simmer until the chicken is cooked through, 3 to 5 minutes. Transfer the chicken to plates and pile the rice alongside. Stir the spring onion greens and the lemon juice into the sauce. Spoon the sauce over the chicken and rice.



Linguine alle Vongole with Spring Onions

SERVES

The secrets to this dish are starting with aglio e olio sauce (made with garlic and olive oil, which I melt anchovies into) and adding vermouth (which removes the seafood smell from the house). For a seasonal touch, I add tender spring onions.

- 6 tbsp. olive oil
- 8 anchovy fillets
- 6 cloves garlic, chopped
- bunch spring onions or scallions, chopped, whites and greens separated
- 2 tbsp. chopped thyme

- tsp. crushed red pepper, or 1 small red chile pepper (red jalapeño or Fresno), minced
- ½ cup dry vermouth
 Salt
- 1 lb. linguine
- 3 lbs. Manila clams or New Zealand cockles, scrubbed
- 2 tbsp. butter
- 1/2 cup finely chopped flat-leaf parsley
 - lemon, juiced (about 4 tbsp.) Pepper

- ➢ Bring a large pot of water to boil for the pasta.
- Description In a large pan with a lid, heat the oil over medium. Add the anchovies and cook until they melt into the oil, 2 to 3 minutes. Add the garlic, spring onion whites, thyme and crushed red pepper. Cook, swirling the skillet occasionally, until the spring onions are tender, 2 to 3 minutes. Add the vermouth.
- ➢ Meanwhile, salt the boiling water, add the pasta and cook to al dente.
- Add the clams to the pan. Cover and cook, shaking the pan occasionally, until the clams open, 5 to 8 minutes (discard any clams that don't open). Uncover, add the butter and swirl the skillet until the butter melts. Stir in the parsley and lemon juice and season with salt and pepper.
- Drain the pasta and return it to the pot. Add the clams and sauce; toss 1 minute.

 Adjust the seasoning and serve immediately.



Spring Reubens!

Ham & Swiss Reubens with Savoy Cabbage and Green Onion Dressing

MAKES 4

Serve the sandwiches with deli pickles and your favorite fancy potato chips.

- 1 tbsp. canola or olive oil
- cups shredded savoy cabbage
 Celery seed, salt and white pepper, to taste
- 2 tbsp. cider vinegar or white wine
- 1 cup sour cream
- 1/4 cup ketchup
- 3 tbsp. pickle relish
- 3-4 scallions or spring onions, white and light-green parts only, finely chopped Black pepper
- 2 tbsp. butter
- 8 slices deli rye bread Brown deli mustard
- 3/4 lb. sliced Swiss cheese
- 1 lb. sliced mild deli ham
- ▷ In a large skillet, heat the oil over medium. Add the cabbage; cook until wilted, about 2 minutes. Season with the celery seed, salt and white pepper. Douse with the vinegar. Lower the heat to keep the cabbage mixture warm.

- ☐ In a medium bowl, combine the sour cream, ketchup, relish and scallions; season with salt and black pepper.
- ▷ In a small bowl, melt the butter in the microwave or melt it in a small pan over low heat. Brush one side of the bread slices with melted butter.
- Description Build the sandwiches with the buttered sides of the bread facing out. Spread 4 slices of bread with the mustard, top with half the cheese, the ham, the remaining cheese and the cabbage mixture. Slather the remaining 4 slices of bread liberally with green onion dressing; set on top of sandwiches, buttered side facing out.
- ☐ Griddle the sandwiches, pressing down with a spatula, until the bread is golden, the cheese melts and the sandwich is hot all the way through, about 5 minutes per side.



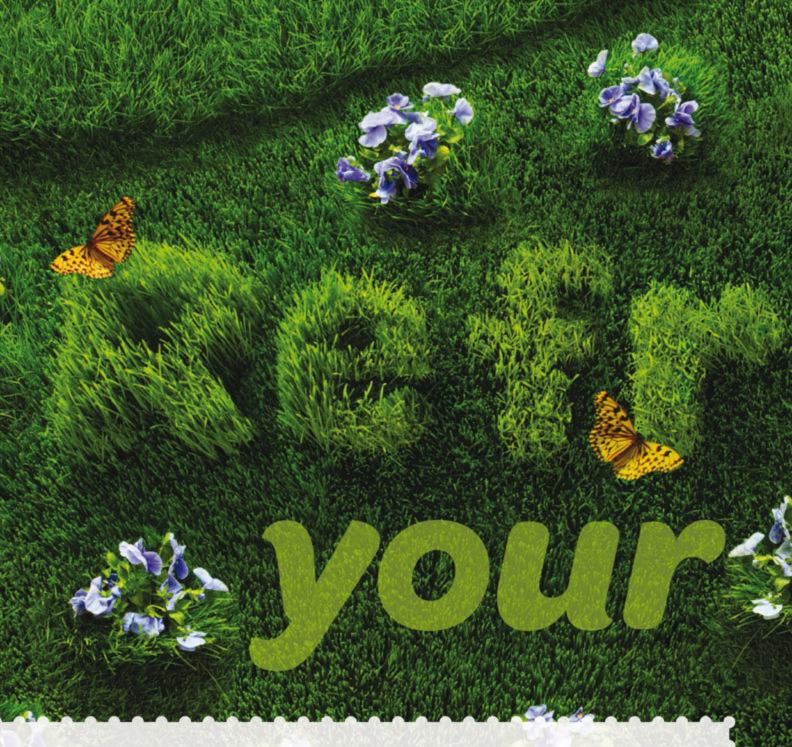


White Fish with Creamy Leeks, Peas & Tarragon

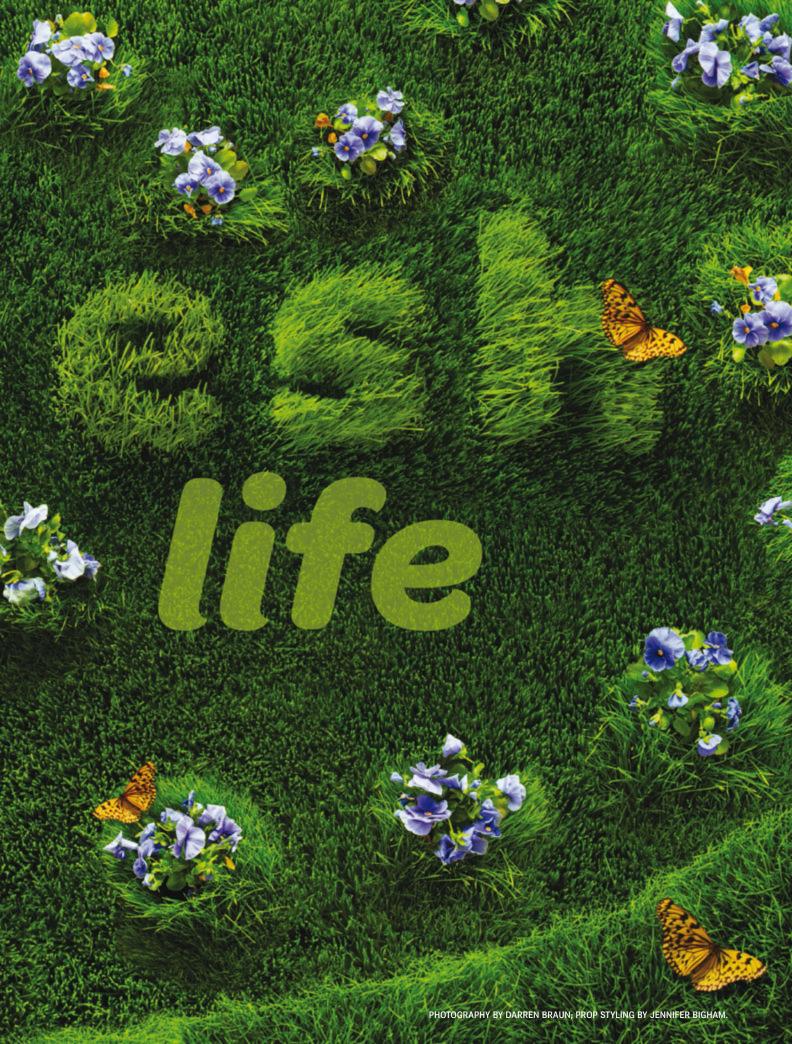
SERVES 4

- 4 fillets of black cod or any sustainable white fish (6 to 8 oz. each) Salt and pepper Wondra flour (superfine flour), for dusting
- 2 tbsp. olive oil
- 2 tbsp. butter
- bunch leeks—trimmed, washed and sliced into ½-inch half moons
- cup shelled fresh peas
 About 1 cup heavy cream
- 1 lemon, halved
- 4 slices white bread toasted, buttered and cut corner to corner A handful tarragon leaves, torn or chopped
- Preheat a large skillet over medium to medium-high.
- Season the fish with salt and pepper and dredge in the flour. Add the oil to the skillet, then add the fish, presentation side

- down. Cook, partially covered, without turning, until the fish is browned and crispy, about 12 minutes.
- Meanwhile, in another large skillet, melt the butter over medium-high. Add the leeks and peas and cook, swirling the skillet occasionally, about 5 minutes. Add the cream, reduce the heat a little and cook until the cream thickens and the leeks soften, about 5 minutes more; season. Add the juice of one lemon half.
- ➢ Place 2 toast points on each plate. Top with the leek and pea mixture, then sprinkle with tarragon.
- ☐ Turn the fish crispy side up and douse with the juice of the remaining lemon half. Set the fish on top of the leek and pea mixture on each plate.



Good cooks know that something as simple as a sprinkle of fresh herbs can turn a recipe from ho-hum to hot damn! The same is true in life: Tiny tweaks can make a big difference. So we polled the pros to put together 51 upgrades that don't require much time or money, but will improve your life in meaningful ways. You'll find tips and tricks for awesome dinner parties, quick home improvements, almost-instant weeknight dinners and more. Hitting the refresh button on your life is easier—and more fun—than you think!



Refresh your home

Help is just a click away! Give every room a boost with these cool websites. BY ELIZABETH JENKINS

O KITCHEN Make a splash

Instantly update your backsplash—as frequently as you want-with inexpensive, easy-to-apply removable wallpaper. Check out graphic patterns that put boring subway tiles to shame at sites like chasingpaper.com, tempaperdesigns.com and target.com.

C LIVING ROOM **Deck the walls**

Take the expense and self-doubt out of custom framing with Simply Framed and Framebridge. Both sites feature a guided process that allows you to pick frame and matting options. When you've got the look you want, they send a prepaid mailer to slip your art into. In 5 to 10 business days, they'll ship it-framed and ready to hang-for a fraction of what you'd pay at a frame store. (prices for an 8" by 8" piece are around \$65; simplyframed.com, framebridge.com)

○ BEDROOM Sleep soundly

Gone are the days of awkwardly lying on a floor-sample mattress in the middle of a store: Sites like Casper,

Tuft & Needle and Leesa ship surprisingly luxurious mattresses (we're talking multiple layers of foam) in a shockingly small box right to your door. Trial periods last from 30 to 100 nights and, if you aren't satisfied, someone will come to vour home and remove it for no additional charge. (from \$250 for a twin; casper.com, tuftandneedle.com, leesa.com)

⊃ CLOSET Clear the clutter

Turn wardrobe duds into extra cash by selling them on sites like **Tradesy** and ThredUp. Tradesy will retouch your photos so your goods look extra snazzy and send the packaging you need once something sells. ThredUp mails a prepaid bag for you to fill and they handle all the photos, selling and mailing. You'll score up to 80 percent of the resale value. (tradesy .com, thredup.com)

O GUEST ROOM

Decorate in a snap

A more robust take on the bed-in-a-bag idea, each Remodo Boxed Rooms kit includes everything you need to update a tired spare bedroom. The queen kit comes with a duvet cover and sheet set,

two throw pillows and shams, a picture frame, a decorative tray, two canvas storage bins, two agate coasters, a blanket and a canvas accessories pouch. Done! (\$548 for gueen set, remodo.com)

⊃ KID'S ROOM Win the toy war

Don't splurge on shiny new toys your little ones will be bored with next season. Sparkbox

Toys, a toy-lending service, sends four age-appropriate, brainboosting playthings to your home bimonthly. When your child has outgrown them, send them back and get four new (sanitized) options. (from \$20, sparkboxtoys.com)

O WHOLE HOUSE

Maintain your home Sign up for BrightNest, a website and free app that helps you keep your household chores in order. They'll keep track of important to-dos like changing batteries in your smoke detector, cleaning dryer vents and other chores that aren't always top of mind. (free, brightnest.com)





Refresh your snack time

Wake up your taste buds in just one bite with these easy no-bake treats!

1. Wasabi-Chickpea Bites

In a food processor, pulse 1 can (15 oz.) rinsed chickpeas, 3 tbsp. fresh lemon juice, 1 tbsp. olive oil, 1 clove chopped garlic, 1 tsp. lemon zest and ½ tsp. cumin until smooth. Transfer to a bowl and stir in ½ cup each finely grated carrot and crushed wasabi peas; season. Roll into ½-inch balls; coat with ¼ cup sesame seeds. Chill until firm, about 30 minutes. Makes 30.

2. Spicy Cheese & Cracker Bites

In a bowl, mix 4 oz. softened goat cheese, 2 oz. softened cream cheese and 2 tbsp. grated Parmesan. Stir in 1/4 cup crushed Triscuit crackers and 3 tbsp. seeded, minced jalapeño. Chill mixture until firm, about 30 minutes. Roll into 1/2-inch balls; coat with 1/2 cup crushed crackers and 1/4 cup chopped parsley. Makes 30.

3. PB Trail Mix Bites

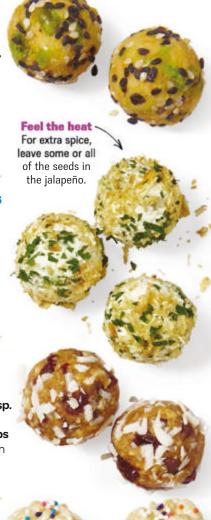
In a food processor, pulse ³/₄ cup rolled oats, ³/₄ cup peanut butter, ¹/₂ cup roasted peanuts, ¹/₄ cup toasted wheat germ, 3 tbsp. water and ¹/₄ tsp. cinnamon. Transfer to a bowl. Fold in ¹/₄ cup each mini chocolate chips and chopped dried cherries. Roll into ¹/₂-inch balls; coat with ¹/₄ cup shredded coconut. Chill until firm, about 30 minutes. Makes 30.

4. Crispy Rice Party Bites

In a saucepan, melt 1½ cups mini marshmallows with 2 tbsp. butter over medium heat. Remove from heat; stir in 2 cups crisped rice cereal. Let mixture cool slightly and roll into ½-inch balls; coat with ¼ cup sprinkles. Makes 30.

5. Caramel Popcorn Bites

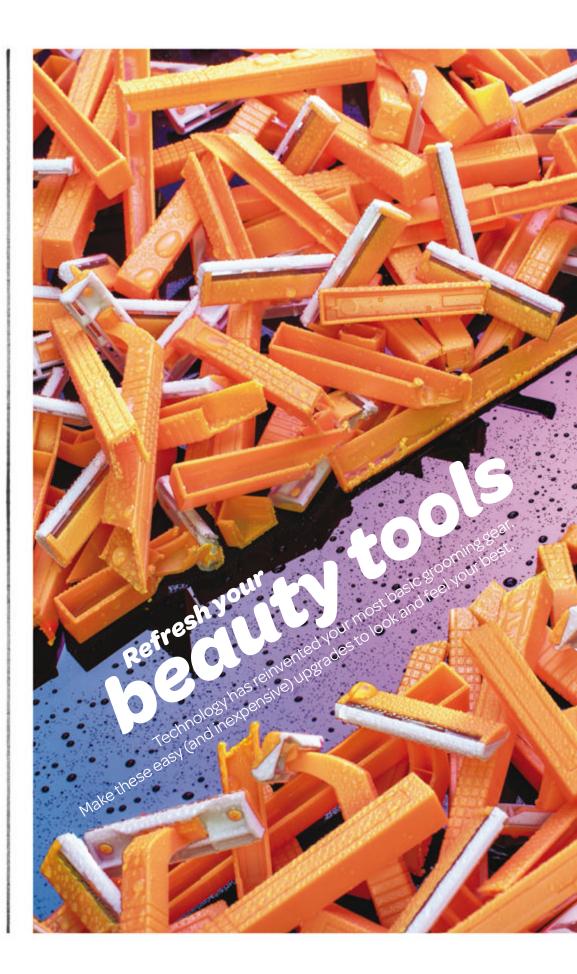
In a saucepan, stir 1 cup (lightly packed) dark brown sugar with 2 tbsp. each butter and light corn syrup over medium heat until sugar dissolves and caramel forms, about 5 minutes. Let cool slightly. In a food processor, pulse 2 cups popped popcorn and 1 cup coarsely chopped pretzels. Fold popcorn mixture into caramel and roll into ½-inch balls; top with flaky sea salt. Makes 30.





Refresh your workout motivation

Need an extra push to get to the gym today? Look no further than your wineglass. You've all heard the reports that an occasional glass of red or white wine can help reduce your risk of heart disease, but a new report from the European Society of Cardiology finds that you get those benefits only if you work out regularly (twice a week is all you need). Researchers aren't 100 percent sure why this is the case, but suspect that the effects of some of the compounds in wine may be enhanced with physical activity. Time to hit the treadmill!









The soft-tipped, super-flexible bristles of the **Harry Josh Detangling Brush** glide through the gnarliest of knots with minimal breakage or pain, whether hair is wet or dry. (\$20, dermstore.com) **Goody's QuikStyle Paddle Brush with Microfiber Bristles** reduces moisture in wet hair up to 30 percent to help slash blow-drying time. (\$13, at drugstores)

Softer and gentler than loofahs, konjac sponges, made from the root of an Asian plant, are suddenly everywhere. Boscia Konjac **Cleansing Sponge with** Complexion Clearing Clay is just big enough for body use (\$15, sephora .com), while the lycopeneand charcoal-spiked Sephora Collection Clean Machine Konjac Sponge **Duos** in **Polish Me** (\$15 per set, sephora.com) are sized for facial cleansing.



Refresh your profile pic

Let's face it, your profile photo is how the worldincluding future bosses, dates and more-first sees you. Try these pro tips to put your best face forward, by Suzanne Gerber

⇒ ENLIST HELP

Selfies may be fun, but when the camera is close, it can cause facial distortion. Ask a friend, spouse or coworker to get behind the lens.

TIME IT WELL

Take advantage of a guaranteed good-hair day and snap a pic after your next salon appointment.

⇒ LIGHT IT RIGHT

Shoot in more flattering natural light, from the shoulders up, to keep the focus on your face. Skip the shades: "Show off your eyes," says Bob Pederson, cofounder of the photorating site photofeeler.com. "That's how we make a personal connection."

⇒ FIND YOUR PLACE

Stand in a relaxed position in front of an interesting background that doesn't overpower your face or outfit. And, sure, go ahead and bring your dog or a tray of perfectly decorated cupcakes into the shot if it helps tell who you are, says Pederson. Just remember these should be props, not the main image.

⇒ STRIKE A POSE

Smile naturally, with your teeth showing. "Studies show that this expression is the single most important factor in likability," says Pederson.



The usual A box of chocolates

The upgrade Fancy salt



Give a gift that's functional and fun to look at: The **Rivsalt** features a chunk of pink Himalayan rock salt, a high-quality stainless steel grater and a display-worthy beechwood base. Passing the salt has never felt so fun! (\$30, kikkerland.com)

The usual

A bottle of wine



A nice gift on its own, you can also fill up this 64-ounce Old Fashioned Stoneware Jug Beer Growler with ale from a local brewery before giving it to your host. (\$20, kegworks.com)

The usual A bouquet of flowers

The upgrade
An herb kit



This **Garden Jar** comes in four varieties (basil, parsley, Greek oregano and cilantro) and is self-watering, so it's practically foolproof. Herbs start to sprout in two weeks, just in time for another invite! (\$20, modsprout.com)

Refresh your mood

Having a rough day? Come to your senses—literally!

Try one of these scientifically proven ways to touch, look, hear, taste and smell on the bright side. BY AMY ROBERTS

TOUCH

Running your fingers
over soft fabric may help
ease frayed nerves, says a
Japanese study published in the
Journal of Physiological Anthropology.
Participants reported feeling calmer
after stroking a soft material, while
touching metal made them feel
anxious. When feeling frazzled,
change into your softest
T-shirt or grab a
cozy throw.

SIGHT

Truth: No matter how much you sob during The Notebook's sappiest scenes, you feel strangely better as its closing credits roll. Well, it's not all in your head. Researchers at the Ohio State University suggest that watching tragic movies boosts viewers' outlooks and contentedness with their own lives. After a rough week, queue up the romcoms on Netflix!

HEARING

Meghan Trainor is totally onto something. Blasting tunes that are all about the bass can make you feel ready to conquer the world, according to research from Northwestern University. To get the results, the coolest scientists ever played 31 songs for participants, who rated them for how powerful the tunes made them feel, from Queen's "We Will Rock You" (very) to Fatboy Slim's "Because We Can" (not so much). To psych yourself up for a big work presentation, boost the bass on your commute, then show 'em who's boss.

TASTE

Go ahead, embrace
your inner chocoholic. It turns
out the indulgent treat contains
ingredients that are structurally
similar to a chemical used in
antidepressants (valproic acid; yeah, we
already forgot the name, too!), according
to an American Chemical Society study.
While scientists don't yet have a
specific prescription for how much
of these treats you should eat,
it's safe to say a few bites
can't hurt.

SMELL

When you can't just whisk off to the tropics, a whiff of coconut might be the next best thing. Research published in the journal Holistic Nursing Practice suggests that the scent may ease heart rates, both when at rest and in response to stress.

Refresh your Weeknight cooking





Liven up your dinnertime routine by swapping in a few new staples for the ones you usually use. Your heavy-rotation recipes will take on exciting new flavors, and because these ingredients can each be used in lots of different ways, they'll inspire brand-new meals, too. Perk up your pantry with these six trendy and tasty additions.







If you use → cream

Check out → canned coconut milk

The fragrant, creamy liquid—a mixture of fresh coconut and water—adds body and richness to smoothies, hot chocolate, baked goods, rice pudding and savory dishes like soups, curries and pan sauces.

Lamb Chops with Curry Coconut Pan Sauce

Cook **6 lamb loin chops** in a skillet; transfer to a plate. In skillet, whisk **1 tsp. curry powder** and

1/2 cup canned coconut milk over medium until the sauce thickens, about 30 seconds. Spoon over the lamb; sprinkle with mint.



If you use → sriracha
Check out → gochujang
This hot, fermented Korean paste made
of chile and soybeans is popping
up on menus and in supermarkets
all over the country. It adds a
sweet-spicy depth to stir-fries, rice
bowls and meat loaf.

Korean Fried Rice

Stir-fry your favorite fried rice ingredients (cooked rice, soy sauce, leftover chopped veggies and meat) with a few tsp. of gochujang (taste as you go). Top each serving with a fried egg—and more gochujang!



If you use → fresh lemon
Check out → preserved lemon
Imagine the sweet-tart flavor of fresh
citrus, the salty brine of an olive and the
tang of pickles, all in one. The Moroccan
pantry staple (available at specialty
stores) adds intense flavor to roasted
chicken and fish.

Roast Chicken with Preserved Lemon

Mince the peel of half a preserved lemon and mix with a couple tbsp. olive oil and a couple minced garlic cloves. Rub under the skin of a chicken, then all over the bird. Stuff a whole preserved lemon in the cavity. Roast at 425° for about an hour.



If you use → soy sauce
Check out → white miso paste
Like soy sauce, white miso paste, which
you can find in the refrigerated aisle of
well-stocked supermarkets, is made from
fermented soybeans. It's mellow, with a
deep savory flavor (aka: umami) that makes
it great for marinades and dressings.

Miso-Butter Green Beans

In a skillet, whisk 3 tbsp. white miso paste, 1½ tbsp. butter and 2 tbsp. water over high until smooth.
Add 1 lb. steamed green beans and toss until heated through.



If you use → EVOO
Check out → pistachio oil
This green oil made from pressed nuts
tastes like the essence of pistachio
itself. Drizzle it anywhere you would
a fine olive oil, like over finished
dishes for a pop of flavor.

Crispy Cod with Pistachio Oil

Brush cod or striped bass fillets with vegetable oil; coat in panko. Cook in a couple tbsp. vegetable oil over medium-high until the fish flakes in the center. Drizzle with pistachio oil just before serving.



If you use → Italian seasoning
Check out → za'atar
A fragrant Middle Eastern herb blend,
this mix of wild thyme, tangy sumac,
sesame seeds and sometimes salt, is great
for mixing into EVOO for a bread dipper
or sprinkling on meat or veggies. Buy
it online or at a Middle Eastern market.

Greek Salad with Za'atar

In a bowl, whisk 6 tbsp. EVOO, 2 tbsp. red wine vinegar and 2 tsp. za'atar. Use the dressing on a green salad, like a combo of tomatoes, romaine, cucumbers, peppers, red onion, olives and feta. Sprinkle more za'atar on top.

Refresh your date night

Make the most of what's likely to be a rare opportunity—a night alone with your partner! Get sparks flying with these out-of-the-box evening plans. BY MARIDEL REYES

⇒ PLAY CHEF

More than 80 percent of couples who cook together at least three times a week rated their relationship as excellent, compared with around 26 percent of those who said they rarely or never do, showed a survey by relationship expert John Gray, Ph.D. And about 58 percent of couples who cook together also reported having satisfying sex lives. Hot stuff!

○ A MOVIE—IN BED

Flip the script on the foodand-flick date by taking the tried-and-true pairing between the sheets. That means you can wear your PJs (or nothing at all!). Don't have a TV in your bedroom? Screen the latest binge-worthy show on your laptop or iPad and snuggle up, so you can both watch while you eat. Just don't get too messy with your food choices: Stick to meals that can be easily eaten, like finger foods.

○ GET SWEATY

Studies have shown that couples feel more satisfied with their relationship and more in love after they tackle a physical activity together. Sign up for an evening workout class, go to an indoor rock-climbing gym or lace up some skates at a local rink. All are sure to build up an appetite for a well-deserved meal together.

Refresh your dinner

Seven fun and easy ways to make your next shindig shine.

1. Invite strangers

Tell every guest or couple you invite to bring a friend—or a couple, if you have the space—of their choosing. Bringing new people into the group will keep conversations fresh.

2. Give and get gifts

Who says white elephant swaps are only for Christmastime? Set a theme—things for the bar, cookbooks, treats—and ask everyone to bring a wrapped present. At the party, have everyone draw numbers; the person with Number 2 can choose to

steal the opened gift or pick

3. Mix up the jams

Ask guests to include three songs with their cocktails, one during the song comes on, people can guess who suggested it.

4. Hashtag it

create a unique hashtag and encourage guests to post a few pics throughout the night. The urge to take group pics will become contagious! You can even give guests a teaser by posting dinner-prep photos

a few hours before the party and tagging

5. Move it

6. Call for backup

Speaking of cleanup, give yourself a break and hire someone to help you with the dishes. Check websites like taskrabbit.com and thumbtack.com, where you can expect to pay a helper about \$25 per hour. This way you'll get to enjoy the after-dinner drinks instead of wrapping up the leftovers.

7. Get a little trashy

Who wouldn't love to toss everything out after a dinner party? New disposable items have gotten so cool and classy that a few pieces here and there won't bring down your overall aesthetic.

- ⇒ Don't have 12 matching placemats? No problem! Chilewich has teamed up with Kitchen Papers to make these faux-textured paper Placemats. (\$27 for 50, chilewich.com)
- These Deluxe Classic Napkins look-and even feel-like real cloth, but they're made from a soft fiber blend that's meant for a single use. (\$16 for 20, thenapkinsus.com)





Refresh your party banter

Effortlessly work any room with tips from Chris Colin and Rob Baedeker, coauthors of the helpful (and hilarious) What to Talk About: On a Plane, at a Cocktail Party, in a Tiny Elevator With Your Boss's Boss. By LAVINIA SPALDING

Perfect your opening line

You're standing alone and spot a stranger who's doing the same. Break the ice the easiest way possible: Unfurl some ignorance. "That thunderstorm today—you know, it occurred to me I don't really know what thunder is." Confession is among the most conversationally liberating forces on earth. Alternately, you can make the word "How" your best friend. How do you know the hosts? How did you decide to become a teacher? Make the other person tell you a story.

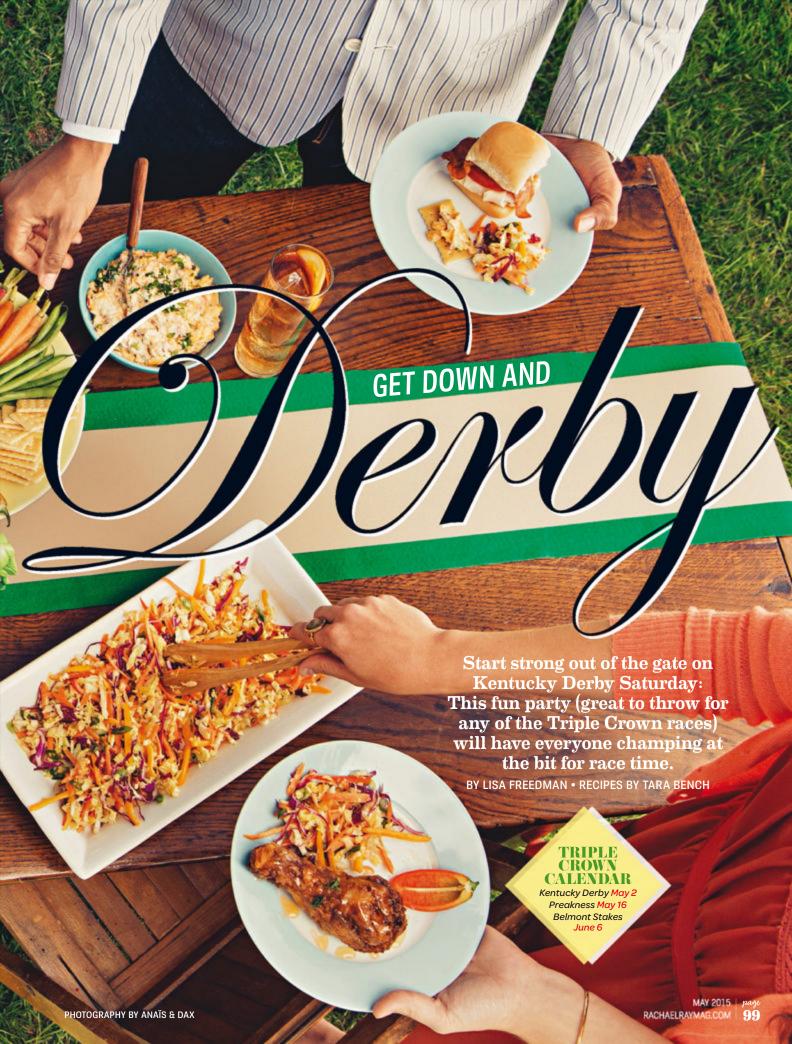
Work the room

Don't stick (or get stuck!) with the same person or group all night. Extract yourself by saying, "I'm loving this conversation but starting to feel guilty after all this time—shall we mingle?" Then smile, turn and walk away.

Sidestep sticky situations

Hangouts can go south when someone starts talking politics, religion or other general no-nos. Use a one-two combo to bring things back to safer ground.
Start with a compliment—"What an interesting perspective!"— chased by a redirect: "Did someone in your family get into politics? Tell me about him/her!" And hopefully the subject moves on to more neutral territory.







** OFF TO THE RACES!

Horse races don't last very long! Use this handy time line to make sure no one misses the big event.

4:00 р.м.

Guests arrive; serve cocktails. Take bets (see "You Bet!" at right).

5:00 р.м.

Bring out the chicken and Hot Browns (recipes start on page 102).

6:15 р.м.

Last call for wagers! Start gathering guests around the TV.

6:24 р.м.

Race time! (It's called the Greatest Two Minutes in Sports.)

6:26 р.м.

Head back outside for more fun and mini pies for dessert!



Get your, games on!

PARTY IN A PDF!

Racehorses can have crazy names, like California Chrome, I'll Have Another and Animal Kingdom, just to name a few. Have some fun with your friends by challenging them to guess which names are fables and which are right out of the stables. (Find printable game cards at RachaelRayMag.com/derby.) Hint: Nineteen of the 30 names are real horses from races over the past few years. Give a prize to the person who gets the most right.



YOU BET!

Derby fanatics bet big money—in 2014, gamblers wagered \$186.6 million on the ponies. Get your guests in on the action:

- ◆ 1. Set up a poster board with two columns (horse names on the left and space for guests to write their names on the right).
- ◆ 2. Gamblers sign next to their predicted winners and pay a set amount (say, \$5) for each horse.
- ◆ 3. The guests who pick the winning horse share the cash.

MENU

- ◆ Pimento Cheese Dip
- ◆ Long Island Sweet Tea
- Black-Eyed Susan Colada
 - ◆ Old-Fashioned Julep
 - ◆ Confetti Coleslaw
- Drumsticks with Hot Honey
 - ♦ Mini Hot Browns
 - Derby Pielettes
 - ◆ Horseshoe Sugar Cookies



PIMENTO CHEESE DIP

SERVES 8 PREP 20 MIN

- 3/4 cup mayonnaise
- 6 oz. reduced-fat cream cheese (such as Neufchâtel), at room temperature
- cups (4.5 oz.) grated sharp cheddar
- **1**1/4 cups (4.5 oz.) grated smoked Gouda
- jar (4 oz.) chopped pimientos, 1 drained, plus 1 tbsp. of the liquid
- 1/4 cup chopped scallions
- 2 tbsp. chopped flat-leaf parsley, plus more for garnish
- tsp. smoked paprika

1/4-1/2 tsp. cayenne

tsp. garlic powder

Vegetables (such as bell peppers, carrots, celery, green beans, zucchini) and crackers for dipping

1. In a medium bowl, whisk the mayonnaise and cream cheese until smooth. Mix in the cheddar, Gouda, pimientos and their liquid, scallions, 2 tbsp. parsley, the paprika, cayenne and garlic powder; season with salt and pepper. Cover and chill up to 1 day. 2. Garnish the dip with more chopped

parsley and serve with the vegetables and crackers for dipping.



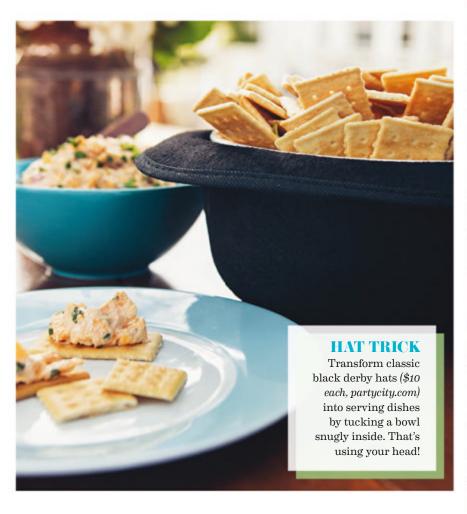




MAKE IT A BANNER DAY!

Use small pieces of string to tie colorful prize ribbons (from 38 cents each, trophydepot.com) to a length of white twine. You can alternate colors and sizes or group ribbons together for a more dramatic effect. Hang the banner along a wall or between trees and fence posts.





CONFETTI COLESLAW

SERVES 8 PREP 20 MIN

- cups thinly sliced napa or 4 savoy cabbage
- cup thinly sliced purple cabbage
- 1 large carrot, shredded or julienned
- small red bell pepper, thinly sliced 1
- 1 small yellow bell pepper, thinly sliced
- 1 large scallion, thinly sliced
- 3 tbsp. white wine vinegar
- 2 tbsp. mild honey (such as clover or acacia)
- 2 tbsp. sour cream
- 1 tbsp. mayonnaise
- 1 tsp. Dijon mustard
- 1/3 cup olive oil
- 1. In a large bowl, toss together the cabbages, carrot, bell peppers and scallion. In a small bowl, whisk together the vinegar, honey, sour cream, mayonnaise and mustard. Gradually whisk in the olive oil. Season with salt and pepper.
- 2. Toss the vegetables with the dressing just before serving; season.

DRUMSTICKS WITH HOT HONEY

SERVES 8 PREP 10 MIN

- cup mild honey (such as clover or acacia) Hot pepper sauce (such as Tabasco), to taste
- 16 store-bought fried chicken drumsticks, warmed
- scallions, thinly sliced
- 1. In a small bowl, whisk the honey and hot sauce.
- 2. Arrange the chicken drumsticks on a platter and drizzle with the hot honey. Garnish with the scallions.









MINI HOT BROWNS

SERVES 8 PREP 15 MIN COOK 10 MIN

- 5 tbsp. mayonnaise
- 16 small dinner or potato rolls, split
- 1 lb. sliced deli turkey
- 4 Roma tomatoes, sliced
- 16 slices cooked bacon, cut in half
- 4 tbsp. butter
- 1/4 cup flour
- 21/2 cups whole milk
- 1/2 cup grated Pecorino Romano
- 1/4 tsp. paprika
- cup grated sharp cheddar 1/4
- 1. Preheat the broiler. Spread the mayonnaise on the cut sides of each roll. Place the rolls, cut sides up, on a parchment-lined baking sheet. Broil until just golden, 1 to 2 minutes.
- 2. Preheat the oven to 200°. Divide the turkey among the roll bottoms; top with the tomato slices and 2 half-slices of bacon. Place the sheet in the oven to keep the sandwich ingredients warm while making the sauce.
- 3. In a small saucepan, melt the butter over medium heat. Whisk in the flour, then the milk, Pecorino Romano and paprika; stir until the sauce thickens, 4 to 5 minutes. Remove from the heat, add the cheddar and stir until melted. Season the cheese sauce with salt and pepper.
- 4. Place the sandwich bottoms on a platter and drizzle with the cheese sauce (about 1 tbsp. each); add the roll top. Serve warm.



DERBY PIELETTES

MAKES 12 PREP 30 MIN BAKE 35 MIN

- cup (4 oz.) chopped walnuts, plus 12 halves
- unbaked piecrusts (homemade or store-bought, not in pie pans) Flour, for dusting
- 2 large eggs
- 2/3 cup (packed) light brown sugar
- 1/2 tsp. salt
- stick (4 oz.) unsalted butter, 1 melted and cooled
- 1/4 cup cornstarch
- 2 tbsp. bourbon
- tsp. pure vanilla extract 1/2
- 3/4 cup mini chocolate chips Sweetened whipped cream, for topping
- 1. Preheat the oven to 325°. Spread 1 cup chopped walnuts on a rimmed baking

- sheet. Bake until lightly browned, 5 to 8 minutes. Let cool. Roll each crust out on a lightly floured surface into two 12-inch circles. Using a 4-inch round biscuit cutter, cut out 12 circles. Working with 1 round at a time, crimp the edges by pinching together about every half inch, then gently press into the cups of a 12-cup muffin pan coated with cooking spray.
- 2. In a medium bowl, whisk the eggs, brown sugar and salt until smooth. Whisk in the butter, cornstarch, bourbon and vanilla. Stir in the toasted walnuts.
- 3. Divide the chocolate chips among the piecrusts in the muffin pan, then fill each with the walnut mixture (about 2 tbsp. each). Top each with a walnut half.
- 4. Bake the pielettes until the filling feels set when gently pressed, about 30 minutes. Let cool in the pan. Run a knife around the edges to release pielettes from the pan. Transfer to a platter. Top with whipped cream.













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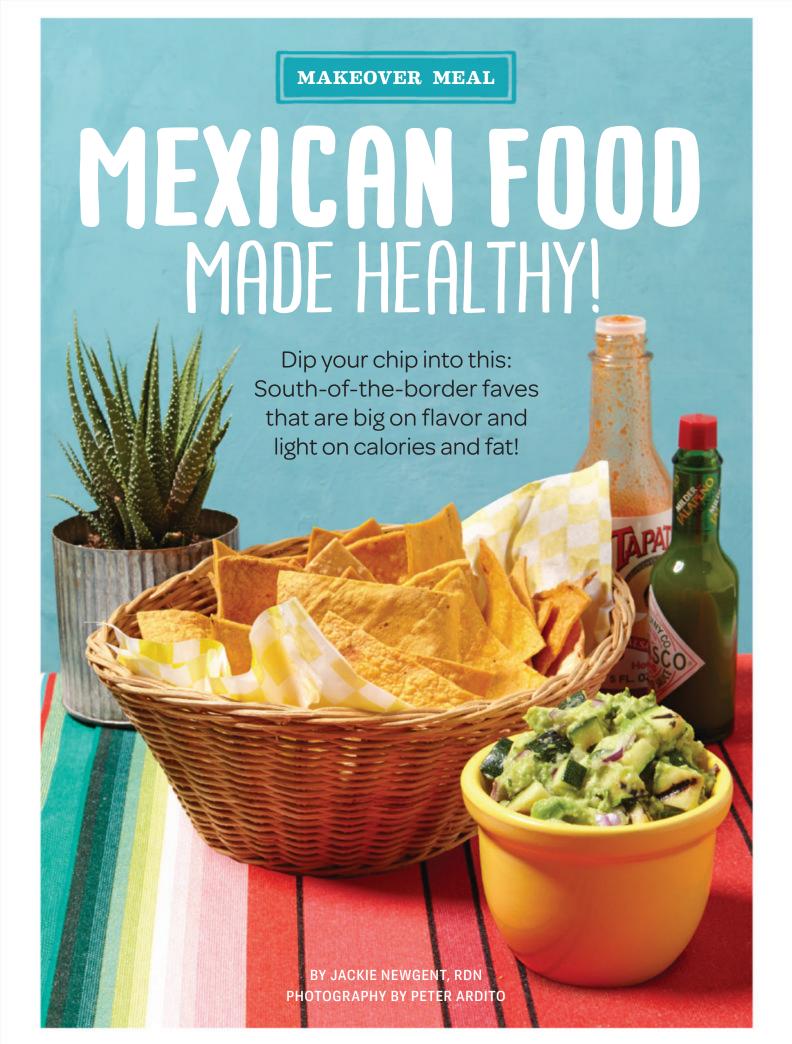
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HTYME



VEGGIE NACHOS SUPREME

SERVES 4 PREP 15 MIN COOK 20 MIN

- 1 poblano or small green bell pepper, cut into 3 or 4 pieces
- medium yellow summer squash, cut lengthwise into 4 slicesCooking spray
- 7 6-inch corn tortillas
- 1 tsp. fresh lime juice
- 3/4 cup canned low-fat vegetarian chili, warmed and drained
- 3 oz. shredded Monterey jack
- 2 scallions, trimmed and thinly sliced
- 3/4 cup medium or hot pico de gallo (fresh salsa), drained
- 2 tbsp. chopped fresh cilantro
- **1.** Heat a grill or grill pan over medium-high. Spritz the pepper and squash with cooking spray. Grill until tender and grill marks form, 4 to 5 minutes per side. Let cool slightly, then dice. Transfer to a colander set over a bowl and let drain. Toss the drained vegetables with ½ sp salt.
- 2. Preheat the oven to 400°. Spritz the tortillas with cooking spray, brush with the lime juice and sprinkle with ¼ tsp. salt. Cut each tortilla into 4 wedges and divide the tortilla wedges between 2 large baking sheets in a single layer. Bake until just crispy, 10 to 12 minutes. Transfer the chips to a rack and let cool.
- **3.** Reduce the oven temperature to 350°. Arrange the chips on an ovenproof platter. Top with the chili, grilled vegetables, cheese and scallions. Bake until the cheese melts, 6 to 8 minutes. Top with the pico de gallo and cilantro.



tastiest—chips, just slice and bake tortillas! Choose from these good-for-you types:



SOFT CORN

The lowest calorie pick (60 per 1-oz. tortilla), these have a rich, corny flavor.

WHOLE-WHEAT

Made with whole grains, these have more protein per oz. than corn.

LOW-CARB

These are similar in calorie count to whole-wheat, but higher in fiber.

FAT-FREE

Though the term is enticing, keep in mind that *most* tortillas are low in fat.



TOP IT ALL OFF

Cheesy, creamy toppers can make a dish, but a little goes a long way. Choose wisely when adding dairy extras to your Mexican meal.

2 TBSP. OF...

Sour cream Mexican crema Cheddar Monterey jack 60 calories 57 calories 57 calories 53 calories

Low-on-fat chicken breast lightens up these meaty enchiladas. BEFORE AFTER. calories calories **Queso fresco** 46 calories Reduced fat cheddar 40 calories Light sour cream

Plain nonfat Greek yogurt

40 calories

16 calories

RED CHICKEN ENCHILADAS

SERVES 4 PREP 15 MIN COOK 40 MIN

lb. boneless, skinless chicken 3/4 breasts, cut into bite-size pieces

- 11/2 tbsp. peanut oil
- 1 large green bell pepper, thinly sliced
- 1 cup frozen fire-roasted corn kernels, thawed
- 1 tbsp. whole-wheat pastry flour or all-purpose flour
- 1 can (15 to 16 oz.) red chile enchilada sauce
- cup low-sodium chicken stock 3/4
- 8 6-inch corn tortillas, warmed
- 1/4 cup shredded Monterey or pepper jack
- 1/4 cup chopped fresh cilantro
- 1. Preheat the oven to 450°. In a bowl, toss the chicken with ½ tbsp. oil. Stir in the bell pepper and corn; spread on a large, rimmed baking sheet greased with cooking spray. Roast until the chicken is cooked, about 15 minutes. Place the chicken and the vegetables in a bowl.
- 2. Reduce the oven temperature to 350°. In a medium saucepan, whisk 1 tbsp. oil with the flour over medium heat until it bubbles, about 2 minutes. Whisk in the sauce and stock. Increase the heat to high and bring to a boil, whisking, until the sauce thickens, about 1 minute. Stir 1/3 cup sauce into the chicken mixture. Spread 1/2 cup sauce into a 9-by-13-inch baking dish.
- 3. Working one at a time, dip tortillas in the remaining sauce, transfer to a plate, fill with the chicken mixture, roll up, and place, seam side down, in the baking dish. Top with the remaining sauce and the cheese. Bake until the sauce bubbles and the cheese melts, 25 minutes. Sprinkle with the cilantro.

TACO TRIO

Divide each recipe below among four warm six-inch corn or other wholegrain tortillas, and serve with lime wedges and veggie toppings.

GRILLED STEAK TACOS

9 oz. beef flank steak • 2 tsp. fresh lime juice • ½ tsp. ground cumin → Rub steak with lime juice, cumin, ½ tsp. salt and ½ tsp. pepper. Marinate in the refrigerator 2 hours. Preheat grill over medium-high. Grill steak 2 to 3 minutes per side for medium-rare. Let rest 10 minutes before slicing thinly against the grain.

SAUTÉED FISH TACOS

9 oz. tilapia or halibut fillets • 2 tsp. (packed) brown sugar • 1 tsp. chili powder • 1/2 tsp. garlic powder • 2 tsp. grapeseed oil → Rub fish with brown sugar, chili powder, garlic powder and 1/2 tsp. salt. In a large nonstick skillet, heat oil over medium-high. Add fish; cook until browned and just cooked through, 3 to 4 minutes per side. Break into bite-size chunks.

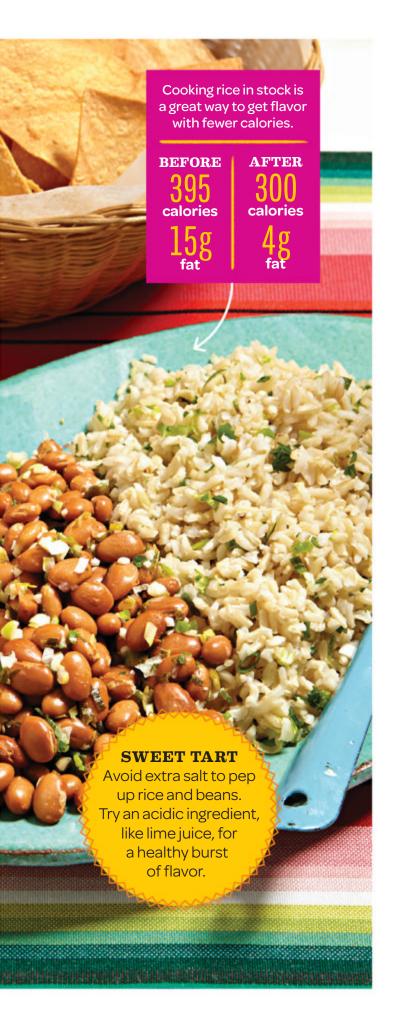
BAKED CARNITAS TACOS

1/2 cup fresh orange juice • 9 oz. boneless center-cut lean pork loin chop • 1/2 small yellow onion, grated • 1 large clove garlic, minced • 1 tsp. fresh oregano leaves • 1/2 tsp. ground coriander → In small baking pan, pour juice over pork. In small bowl, mix onion, garlic, oregano, coriander, ³/4 tsp. salt and ³/4 tsp. pepper; rub on top of pork. Cover pan tightly with foil. Bake at 275° until fork-tender, about 21/2 hours. Let rest 10 minutes. Using 2 forks, shred pork; stir into pan juices.









ON THE SIDE!

GRILLED ZUCCHINI GUACAMOLE

1 zucchini, quartered lengthwise • cooking spray • 1 avocado—pitted, peeled and cubed • 3 tbsp. minced red onion • 2 tbsp. chopped cilantro • 2 tsp. fresh lime juice • 1/4 tsp. coriander → Preheat grill pan over medium-high. Spritz the zucchini with cooking spray; grill until tender, 3 to 4 minutes per side. Let cool, then dice. Mix with remaining ingredients and 1/2 tsp. salt. Makes 8 quarter-cup servings.

SCALLION-LIME RICE & BEANS

1 cup long-grain brown rice • 2 cups chicken or vegetable stock • 1 tsp. lime zest • 5 scallions, minced • 1½ tsp. peanut oil • 1 clove garlic, minced • 1 can (15 oz.) pinto beans, rinsed • 2 tsp. fresh lime juice • 3 tbsp. chopped cilantro → In a saucepan, bring rice and 1¾ cups stock to a boil. Reduce heat to low; cover and simmer until rice is tender, about 35 minutes. Stir in the zest and half the scallions. In another saucepan, heat oil over medium-high; cook garlic and remaining scallions for 30 seconds. Add beans, juice and ¼ cup stock. Cook, stirring, until hot. Add cilantro. Serves 4.

MARGARITA MAKEOVER

1 lime slice • kosher salt • 1½ cups ice cubes • 1 oz. silver tequila • 1 tbsp. fresh lime juice • 3 oz. natural orange soda → Run lime wedge around rim of 1 glass; dip rim in salt. Combine ice, tequila and lime juice in a cocktail shaker; cover and shake well. Pour into prepared glass. Top with soda. Garnish with lime wedge. Makes 1.



SERVES 10 PREP 15 MIN BAKE 45 MIN

- large eggs
- 21/4 cups plus 3 tbsp. fatfree evaporated milk
- cup sweetened condensed milk
- tbsp. plus 1/4 tsp. pure vanilla extract
- tbsp. cornstarch
- tsp. pure almond extract
- tsp. sea salt
- 1/3 cup semisweet chocolate chunks or chips
- tsp. ground ancho chile powder, or to taste
- tsp. ground cinnamon, or to taste
- 1. Preheat the oven to 350°. In a large bowl using an electric mixer on low, lightly beat the eggs. Add 21/4 cups evaporated milk, the condensed milk, 1 tbsp. vanilla, the cornstarch, almond extract and salt. Beat until the cornstarch dissolves. Divide the mixture among 10 six-oz. ramekins or small mason jars. 2. Place the ramekins in a large roasting pan. Pour water into the pan to reach two-thirds of the way up the sides of the ramekins. Bake until set, 45 to 50 minutes. Lift the ramekins out of the water. Refrigerate, uncovered, 1 hour, then cover and chill until cold, 2 hours or overnight. 3. In a saucepan, stir the chocolate, chile powder, cinnamon, 3 tbsp. evaporated milk and 1/4 tsp. vanilla over medium-low heat until

smooth. Drizzle over each flan.

MEXICAN MENU DO'S AND DON'TS

Yes, you can eat healthfully at your favorite Mexican restaurant! Avoid caloric pitfalls with these smart choices.

BREAKFAST

BUYER BEWARE

......

An order of huevos rancheros can set you back nearly a day's worth of calories (over 1,200 of 'em!) when it includes fried tortillas, cheese and sour cream.

LUNCH

BUYER BEWARE

......

Avoid grabbing a double dose of carbs. A burrito made with chicken, rice, beans, cheese and salsa wrapped in a large flour tortilla runs about 900 calories.

......DINNER

BUYER BEWARE

An entrée salad isn't exactly light: With large portions of meat and cheese in a taco shell, you're looking at 900 calories and 55 grams of fat—without dressing!

BEST BET

Go à la carte. Request 2 fried eggs with 2 fresh corn tortillas and a side (1/4 cup) of salsa, plus a 6-oz. glass of fresh-squeezed juice—all for only 380 calories.

BEST BET

.....

Get a fork and go for a bowl. A burrito bowl made with the same ingredients, but without the large tortilla, gives you all the pleasure with 300 fewer calories.

BEST BET

Take sides! To make a meal, that is. Beans, cilantro rice, grilled vegetables and three corn tortillas makes for a balanced meal with less than 600 calories.

DESSERT

BUYER BEWARE

Tasty sopapillas (Mexican fried dough) sprinkled with cinnamon-sugar and honey can pack as much as 600 calories and 13 grams fat.

BEST BET

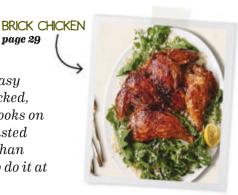
Try Mexican coffee. When made with 1 cup coffee, ½ oz. each tequila and Kahlúa and ¼ cup melted vanilla ice cream, you'll have a tasty 150-calorie finale.



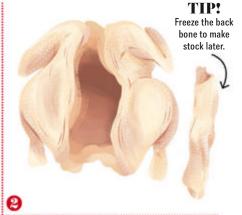
WE WENT TO COOKING SCHOOL SO YOU DON'T HAVE TO

FLAT-OUT DELICIOUS!

When it comes to cooking a whole chicken fast, one easy technique rules the roost: spatchcocking. A spatchcocked, or butterflied, bird has more flat surface area, so it cooks on a grill or in a skillet in about half the time that a roasted one does. A spatchcocked chicken also stays juicier than one that's been broken down into parts. Here's how to do it at home in four simple steps.







page 29

















LONG ISLAND SWEET TEA, BLACK-EYED SUSAN COLADA page 103

EQUIPMENT CHECK

GLASS ACTS

Cocktail glasses come in many different shapes, sizes and materials, each designed to maximize the enjoyment of particular drinks. Find out why the designs of these five make them the most versatile vessels at the bar.



Rocks glass

This short tumbler is sized to hold small amounts of strong drinks, neat or on ice.

USE FOR: old-fashioneds, negronis and other cocktails on ice—as well as liquor served neat



Collins glass

Used interchangeably with the wider highball, this tall chimneyshaped glass preserves carbonation in sodatopped drinks over ice.

USE FOR: Tom Collins, Long Island iced teas, gin and tonics and more bubbly drinks



Martini glass

Often associated with martinis and cosmos, this V-shaped glass has a long stem to prevent hands from warming its chilled contents, and it flaunts its drink's fragrance with the widest of rims.

USE FOR: martinis, cosmos, gimlets and other potent cocktails



Coupe glass

Traditionally used strictly for sparkling wine, it has become modern cocktail bars' catchall glass for chilled, shaken or stirred drinks served up.

USE FOR: sidecars, gimlets, Manhattans and other beverages that would be at home in a martini glass



Piña colada glass

Shaped like a shorter version of a hurricane glass, this decorative, fluted cup is a go-to for tropical drinks like the piña colada.

USE FOR: piña coladas, daiquiris and other blended drinks, plus the hurricane and various tropical fruit drinks served over ice

OVERCOMING CURDLES STEAMED EGG CUST ARDS page 32

The secret to super smooth custards and puddings is slow-cooking a combo of beaten egg and liquid in a water bath to prevent lumps. Try our kitchen-tested tips.

Its in the mix! Whisk eggs until completely mixed into the liquid so they cook evenly.

Cover we Pour the mixture into ramekins or a baking dish, then cover with foil to prevent a skin from forming on top. Set covered vessels in a roasting pan.

get juggy with it Transfer the pan to a rack in a preheated oven and fill with enough hot water to reach halfway up the sides of the custard vessel(s). The water bath will help cook the custards gently so lumps don't form.

PRESERVED LEMON CHEAT

If you can't find this tangy, briny ingredient at the store, you can make a delicious, easy version with lemon peel and some salt in just 15 minutes. Talk about an a-peel-ing idea!

Quick Preserved Lemon Peel

Using a peeler, remove strips of lemon peel from 2 to 3 lemons (about ½ cup). In a small skillet, simmer the peel with 1/4 cup lemon juice and 1 tbsp. salt, covered, until tender, about 10 minutes. Transfer peel and liquid to a jar. Refrigerate up to 2 weeks. Drain before using.

* For the chicken recipe on page 95, use 2 tbsp. minced quick-preserved lemon peel instead of store-bought preserved lemon for the outside of the chicken and place a fresh lemon inside the cavity.



page 95





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YOUR HAIR TABLET

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Celebs tell us what they crave, we tell them what to cook!

Judy Greer

It's a busy summer for Judy Greer, who's appearing in some of the season's biggest blockbusters: Tomorrowland, Jurassic World and Ant-Man. Before her schedule filled up with premieres, the admitted kitchen novice tackled one of our quick and easy dinner recipes. BY JERYL BRUNNER

WHAT'S YOUR COOKING CRED?

HOW SKILLED A COOK ARE YOU? I'd say ten percent better than can't boil water. It can take me twice as long to do something, but if I have the time, I'm happy to do it.

DO YOU LEAN SAVORY OR SWEET? I go for salty dishes over the sugary ones.

IS THERE ANYTHING YOU WON'T OR DON'T EAT? I am a vegetarian, but I'll eat anything in that genre. Bring on the gluten and cheese!

OK, MAKE OUR...

Hummus Sesame Noodles

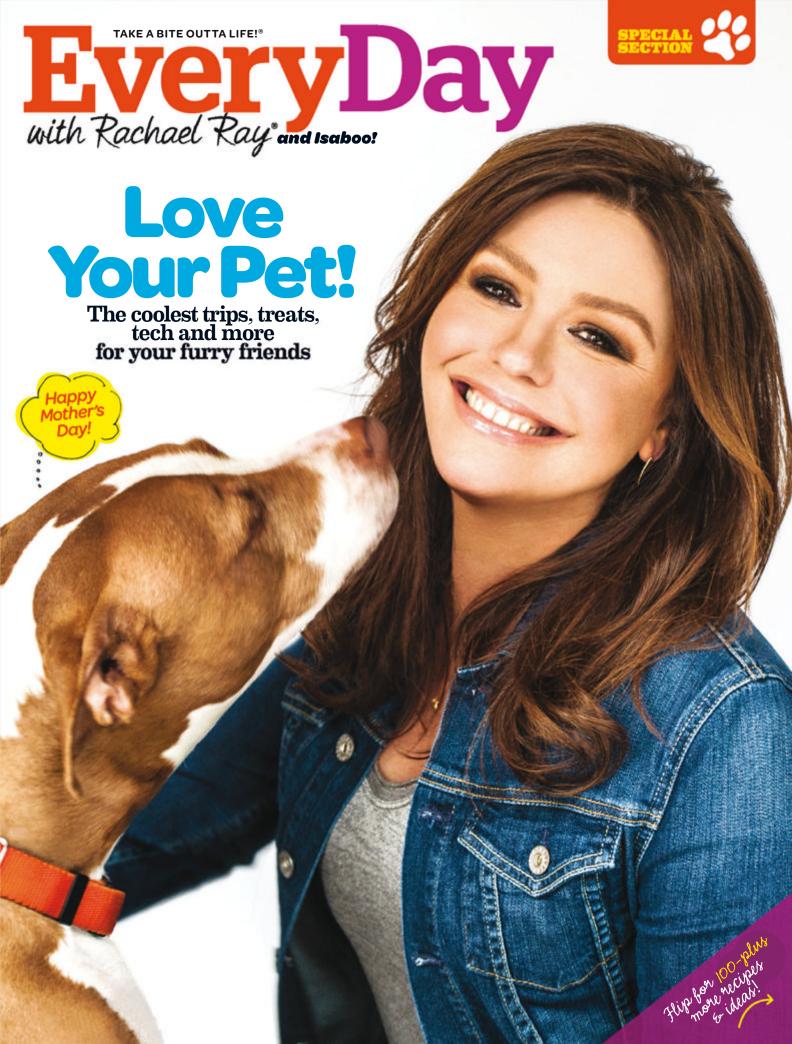
INGREDIENTS: 1 lb. angel hair pasta • 3/4 cup hummus • 1/4 cup vegetable stock • 2 tbsp. soy sauce • 1/2 cup dry-roasted peanuts, crushed • 1/3 cup sesame seeds, toasted • 1/2 cup snow peas, thinly sliced on an angle • 3 scallions, thinly sliced

INSTRUCTIONS: Bring a large pot of water to a boil. Salt the water and cook the pasta until al dente. Drain, reserving 1 cup cooking water. Meanwhile, in a large bowl, whisk the hummus, stock and soy sauce. Toss the pasta with the hummus mixture and let cool about 15 minutes. Add pasta water to thin, if needed. Divide among 4 bowls; top each with peanuts, sesame seeds, snow peas and scallions. Serves 4.





I loved this dish, and so did my husband, stepson and stepdaughter. I will totally make it again and again! A fabulous addition to Meatless Mondays.



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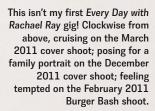


ISABOO'S NOTEBOOK



guess who's guest-editing this month!







IT'S MOTHER'S DAY THIS MONTH, so I've gotta start my editor's letter by giving my mom a shout-out (Hi, Mom!). She, Dad and I have been a family for 10 years—and most of this special pets section is basically an ode to our lives together.

Fun fact: My mom's favorite way to spend time off (other than cooking, of course) is to read a good thriller. Now, personally, I like a good video—my favorite being *Bolt*. But I'm trying to get more into reading, like Mom. That's where my take on the best new pet books comes in. As you'll see in "Pick of the Litter(ature)," I included not just great dog titles (duh), but—given that Grandma has rescued 16 cats—a couple of kitty ones, too.

Taking after Mom in the foodie department comes more naturally. I actually tastetested our entire dog food line. (I may even sneak some cat food when Grandma's not looking.) And I *love* the recipes on the list of our 10 most popular pet snacks ever.

Another way I take after Mom? Our love of travel! In fact, we share a favorite hotel: the Saint Cecilia in Austin. Liz Lambert, the super-cool owner, lets me tear it up in the front yard. For five new hotels across the U.S. that'll make you feel like a VIP(et), check out "Who Let the Dogs Inn?"

And in a shout-out to Dad, who's the family techie, I'm including my favorite pet apps in "Your Apps Are Served!" He says I don't even need thumbs to use 'em!

Whatever you enjoy most in the section, I hope you walk away with this: Pets and the families who love us are super lucky to have each other. That's something we should celebrate this month. And always.

Love,



Let's get to know each other! A few things that may surprise you about me:

- ► I'm 10, but I can still jump 5 feet straight up in the air.
- ► I don't like when
 Mom and Dad watch
 movies with too
 much violence. And
 I can't stand when
 they watch football
 and their team
 doesn't win—they
 get loud! It makes
 me shake and I swear
 half my fur falls out!
- ► I'm not a picky eater. Having the mom I have, I've learned to appreciate lots of unexpected foods, including parsley and butternut squash.

DOG-FRIENDLY RECIPES

Meet the pooch-approved dishes that have been saved, printed and pinned more than any others on our site. Head to RachaelRayMag.com/ petrecipes to get 'em all. Bone appetit!







Springtime Muffins

Pupkin Biscuits



Sensational Salmon Cakes



Sweet Pooch Pancakes

Mini Muttballs and Ditalini



Turkey Jerky



Seasons Eatings Cakes



Boo-sotto

Every Day with Rachael Ray (ISSN 1932-0590); May 2015, Volume 10, No. 92, is published monthly (except bimonthly in January/February and July/August) by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices, \$24.00 per year in the U.S.; \$29.00 (U.S. dollars) in Canada; \$29.00 (U.S. dollars) overseas. Every Day with Rachael Ray is a registered trademark of Ray Marks Co. LLC. TAKE A BITE OUTTA LIFE is a registered trademark of Meredith Corporation. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Every Day with Rachael Ray, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Every Day with Rachael Ray, 2835 Kew Drive, Windsor, ON, N8T 3B7. © Meredith Corporation 2015. All rights reserved. Printed in the U.S.A.



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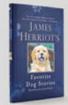
Pick of the litter(ature)

You'll love burying your snout in these six new books! By JESSIE SHOLL





More than a million people follow this rescue chiweenie on Instagram. Not one of 'em? You will be after you pick up Courtney Dasher's Tuna Melts My Heart: The Underdog with the Overbite.



Written by one of the planet's most famous dog docs, the newly reissued James Herriot's **Favorite Dog Stories** is such a warm, fuzzy collection, it's the literary equivalent of a belly rub.



Where's Waldo?, Momo is a hide-and-seek savant whom you'll have fun trying to spot in Find Momo Coast to Coast, a road trip photo collection by Andrew Knapp.

The canine answer to



Buy Dean Koontz's Ask Anna: Advice for the Furry and Forlorn, and not only will you delight in the dog's worldview, you'll be helping a great group that pairs dogs with disabled people.



Meow-za, is this cute and crafty! Sara Thomas's Cats in Hats: 30 Knit and Crochet Patterns for Your Kitty includes a dino hat, a top hat and, for rock-loving families like Isaboo's, a punk Mohawk.

Your apps are served!

Meet four of the most useful cat and dog downloads. BY JILL ROBINSON

Red Cross Pet First Aid



All dog- and cat-caring peeps should get this app: It's got how-to first-aid

videos, plus a veterinary hospital locator and tons more. (\$1, Apple App Store and Google Play Store)

Dog Park Finder Plus



Find the local parks, beaches and rest stops that are friendliest to

pets-plus intel on whether these places are off-leash, fenced-in, open late, etc. (\$2, Apple App Store)

Petfinder



Want to add to the family? This app gives you access to 14,000(!) adoption organizations-and it's searchable

by breed, size, age and gender. (free, Apple App Store and Google Play)



More cute kittens!

Our kitten photo shoot was so adorable we almost couldn't choose which shot to use! So we put 25 outtakes up for you to ooh and aww over at RachaelRayMag.com/kittens.



KITTENS AND BOOKS; PHOTOS BY JEFF HARRIS. LINDSEY VONN AND ANDY COHEN: PHOTOS BY REX USA. MARC JACOBS AND BOBBY FLAY: PHOTOS BY GETTY IMAGES



Hilariously costumed cats prance through the pages of Terry deRoy Gruber's Cat High: The Yearbook-not least, the clear power couple: Prom Queen and King Sophie McMeow and Catspurr Chatwick.

BringFido



Get listings of 32,000 petfriendly hotels worldwide, plus info on welcoming eateries. (free, Apple App Store) PS: Don't miss our list of great new dog-approved hotels on the next page.

#INSTASTARS

Whatever day it is, consider it #FollowFriday. You won't want to miss these celeb pets' posts! by JILL ROBINSON



Adopted by Olympic skier **LINDSEY VONN** after he was abandoned and hit by a car, Leo's now living large—often atop piles of pillows and blankies.



@nevillejacobs

With MARC JACOBS for a dad, Neville's as slick as it gets! Not one of his insta-poses looks anything but pro.



Though most of Taco's posts involve lounging and being ridiculously cute, every so often, one comes along-Taco eyeing a caviar tin, for example-to remind you that **BOBBY FLAY**'s his dad.



@therealwacha

Working a soulful gaze in every shot, Wacha's the perfect poster child for animal rescue. Saved from a kill shelter by See Spot Rescued, the beagle mix was then adopted by ANDY COHEN. Cohen has since become such an advocate, he's served as grand marshal of a pet parade that raises thousands of dollars for shelters.



Who let the dogs inn? Hey, pet jet-setters. Tell your humans to check out—or better yet, check in to—these five new pet-friendly hotels. BY ANJA MUTIĆ





Clockwise from left: A luxuriating Lab at Florida's Tideline Ocean Resort & Spa; antebellum beauty at Anchorage 1770 in South Carolina; the industrial-chic lobby of the Old No. 77 Hotel & Chandlery in NOLA.

PALM BEACH, FL

Lap up lovely ocean views as you chill on your plush Majestic Pet Bed at the Tideline Ocean Resort & Spa. located right between the Atlantic and Palm Beach's famed mega-mansions. And to keep your resulting smile sparkling and

fresh (what doggie breath?!), you'll receive Greenies Dental Chew treats at turndown every night. (from \$297 per night, no pet fees; tidelineresort.com)

BEAUFORT, SC

Feel like a regular **low-country Lassie**

upon arrival at the Anchorage 1770.

A waterside spread with all the Southern trimmings (three-level porch, lush grounds), this place seems made for pets. And, in fact, there are three dogs in the owners' family! So expect deluxe doggie beds, fun toys and Blue Buffalo food on hand. (from \$275 per night, \$50 pet fee per day; anchorage1770.com)

NEW ORLEANS

Let the good times roll (over) at NOLA's Old No. 77 Hotel &

Chandlery, a funky refurbishment of an 1854 coffee warehouse. where you'll find all kinds of wag-worthy amenities: treats from a local dog bakery, ecofriendly toys, copies of Fido Friendly magazine, even psychic readings and pet acupuncture if you can convince your peeps. (from \$169 per night, \$45 pet fee per stay; old77hotel.com)

PITTSBURGH

Calling all foodie

Fidos to this reborn Beaux Arts-style icon. At the Hotel Monaco Pittsburgh, the housemade peanut butter or bacon dog biscuit that's presented at check-in is just the appetizer. The doggie menu masterpiece? Chef Dennis Marron's Cheeky Goodness: braised pork cheeks with house-cured bacon. (from \$249 per night, no pet fees; monacopittsburgh.com)

LAS VEGAS

Meet a drool-worthy desert oasis: Another spot sure to please the most discerning pooch's palate is the **Delano** Las Vegas, where the pet menu includes the Bark-a-Roni mac and cheese with hot dogs, or the Pooch Patty wagyu burger with market vegetables. There's also a doggie butler who'll see to decadently long walks. (from \$179 per night, \$50 pet fee per day; delanolasvegas.com)





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